22. R. 134.

BOSTON
MEDICAL LIBRARY
8 THE FENWAY.

Digitized by the Internet Archive
in 2025

https://archive.org/details/magneticnaturalh0000reub

Yours Sincerely,

PROF. R. B. Eubank

AUTHOR

"The Home Teacher and Complete Guide to Magnetic and Natural Healing."—Copyright 1901.

Also Author "The Complete Self Instructor of Magnetic Healing.—Copyright 1899.

TWO COPIES RECEIVED
MAR. 11 1901
COPYRIGHT ENTRY
Jan. 14-1901
CLASS a XXc. No.
887
COPY A.

LIBRARY OF CONGRESS
DUPLICATE
EXCHANGED

Copyright, 1901, by Reuben Blakey Eubank, Jr.
All Rights Reserved.

22. R. 134

VITAL HEALING.

Lecture No. One.

In Magnetic and Natural Healing, there are three great sciences used, namely Vital Magnetism, Mental Science and Hypnotism. These sciences are the foundation on which rests the whole fabric of Natural Healing. We will take up each of these sciences and discuss them in the order named above. Magnetic Healing is a term usually applied to persons who heal without drugs; but in reality a Magnetic Healer is one who heals by the use of Vital Magnetism, transmitted from the body of the Healer to that of the patient; while a natural Healer is one who uses all the known methods, of nature in healing disease. So we are pleased to style ourselves Natural Healers or Drugless Healers and we confer the title or degree of "Drugless Healer" on those who master this work and pass a satisfactory examination. I trust all of my students will note well the difference between the term "Magnetic Healer" and "Natural Healer," and in styling their occupation govern themselves accordingly, as the term "Magnetic Healer" as applied to those who complete my course of study is a misnomer and does the person so called an injustice. We will now take up "Vital Healing." Vital Healing consists in the transmission of a Vital Substance, called Magnetism, from the body of one person to another through the nervous system. The practice of curing disease by this method is as old as the hills; but it has only been in the last few years that much effort has been put forth to educate the masses in this science. Many years ago, the few who knew of and practiced this art were styled "Faith Healers," "Hoodoo Doctors," and sometimes "Witches," and in many cases the few, knowing the ignorance of the masses, took advantage of them and claimed to be possessed with supernatural power; but, strange as it may seem, it has been proven in the last few years by an abundance of practical demonstrations that every one possesses this power in a greater or less degree and can accomplish wonderful things in the way of healing the sick when they learn how to use it correctly. Vital Magnetism is the term usually applied to this substance which is generated in the human body, the stomach being its principal source of supply. By the process of digestion going on in the stomach this substance is thus set free and arises through the nerves to the ash colored matter of the brain. The lungs also afford another source

from which this Vital Substance is derived. The air contains large quantities, and we therefore receive it through the lungs with every breath we breathe. The blood carries this Vital Substance to the ash colored matter of the brain which is its great reservoir. The blood carries it to this great reservoir, and after making its deposit of this Vital Substance and nerve material it returns through the body for a fresh supply. The acids and alkalies also generate this substance from the animal organism. Alkali, a semi-fluid, excreted by the mucous membranes and an acid excreted by the serous membranes produce this substance in large quantities, being united by natural parities and porous diaphragms for this purpose. We therefore find that we are supplied with this substance by the stomach and lungs, and that the alkalies and acids of the animal organism also produce it. While this Vital Substance is being generated in the human body, it is also so modified as to be readily taken up by the human system. As the heart with every beat circulates the blood through the system, so this Vital Substance is by the brain distributed throughout the nervous system. If any organ of the body receives too much or too little, disease is the result, while if this Substance should be totally withdrawn from any part or organ of the body, it would lose both the sense of feeling and motion. If this Substance is withdrawn from the motor nerve, sensation would still remain but motion would be lost; but if withdrawn from the sensation nerve only, then, in that case, motion would continue, but the nerve of sensation would be destroyed. To withdraw this Substance from the nerves of special sense would cause hearing, seeing, tasteing and smelling all to be lost, but it is possible for it to be withdrawn for one set of nerves only without special sense, producing some of the results above stated with no effect on the other nerves. When the liver is torpid or when a person is bilious it shows that the liver lacks this Vital Substance and this condition of the liver is corrected by treatment for that purpose, in which Vital Magnetism is imparted to the liver, the directions for which are given elsewhere in this book. Now if too much Magnetism is given the liver it would produce inflamation and nervous congestion; but permit me to state right here that I have never yet had a case in my experience where there was too much of this Substance given to the liver; it is possible however; so the student and practitioner need not worry about giving too much of this Substance to the liver, or any other part of the body. When there is too much Vital Magnetism given to the stomach it will cause an unusual appetite and other derangements of the digestive organs; but this is hardly ever the case. It is very seldom, if ever, there is too much Vital Magnetism given the stomach, but more often nervous dyspepsia and other diseases are caused by the lack of this Substance. It is very seldom, if ever, any organ of the body receives too much Vital Magnetism, but more often, and nearly always, disease is a result of a lack of Vital Magnetism. This Vital Substance is life, all life. The curing of disease, or Vital Healing, is the restoration of this

Substance to the blood, the nerves, or any portion of the body from which it is lacking. This lost Vitality, this missing Substance must be restored if we would restore health, and this is done by what we call Vital Healing or the transmission of this Vital Substance from one person to another. The person who has lost life from body or limb must have life renewed or restored if they would be made whole. Energy, Vitality and life is imparted by the application of this Vital Substance. Nothing without life can do this. When this Vital Substance is partly lost from the body we call it partial paralysis, and partial paralysis is partial death; one in this condition is dying slowly for the lack of this Vital Substance which has been lost. Now to one in this condition, if we restore this Vital Substance we, by this means, restore life which has been lost. The blood is the life and all the life there is in the blood is in this Vital Substance, no one could live without this Vital Substance; with plenty of it, all is health, activity and vigor; a live man or woman is a person that is full of this Vital Substance, take it away and the human being is nothing but dust, a lump of clay. Take away a portion of this Vital Substance from any part of the body and disease begins, take it all away and death is the result. The application of this Vital Substance or the transmission of this Vital Force from one person to another will destroy any and every disease. This Vital Substance is the exact opposite of disease, and just as water will quench fire so will this Vital Substance, when properly transmitted, HEAL DISEASE. Every one possesses the power of transmitting this Vital Substance to another, and can quickly call this power into vibration and manifestation in their own bodies if desired. This life power is always ready and willing when demand is properly made upon it. Of a truth, ignorance is the father and mother of all the sickness that there is in the world to-day, and if everyone only knew the truth and the whole truth about this great power within themselves there would be very little sickness in the world to-day. Of a truth, "Knowledge is power." By nature's laws, and the forces of nature properly applied, a very little knowledge will enable you to cure simple forms of disease; a sufficient knowledge of these laws and forces will enable you to cure all forms of disease to which humanity is heir. Bad cases require skill to cure, but in all cases something depends upon the patient as to how willing he is to comply with the law of cure; the results will be the same in all cases when treatment is scientifically given, and when nature's harmonious laws are obeyed. This wonderful remedy, with which everyone is supplied, is free to mankind. Is it not much better than to use drugs that poison the system, and never cure? Many leading physicians are adopting this method and are using it with great success, and why not? Suffering humanity is entitled to the best this world can give, why not employ the best method. There is overwhelming evidence on every hand as to the efficacy of Vital Healing. It is found on every hand and almost in every neighborhood or vicinity this work is going on. This Vital

Force, this wonderful power, is one of the remedies of nature, under all circumstances; mild and harmless. There is no need of sickness and suffering; Vital Healing is within reach of all. Health is within reach of all, and those who honestly seek its restoration will not be disappointed. We sincerely believe that health and happiness are in reach of the whole human race if they will only comply with nature's harmonious laws.

———o———

VITAL HEALING.

Lecture No. Two.

This Electric Substance or healing power which is generated in the human body effects all parts of the system; it assists nature in her efforts to throw off from the system whatever is unhealthy or unwholesome. This subtle power also becomes nature's assistant in her efforts to repair the bad effects of disease. This Magnetic Substance, when properly applied or transmitted, will restore and strengthen every part of the human system, from which the same has been lost, by restoring the missing Substance. This Substance when properly transmitted will make the nerves quiet, promote rest and sleep, and among many other things will induce a good appetite. And in those diseases that are incurable, by reason of the fact that the patient is in the last stages; this power when applied will make the last moments of the patient comparatively peaceful and quiet and painless and there is no other known agency that will do this. The application of this Vital Power in many cases of Consumption—that dread disease—where the patient was in the last stages, has in the last few years proved the above statement to be true. Many cases have come under my own observation, where this Vital Power was applied to the patient in cases of Consumption where the patient was so far gone that there was no vitality left on which to build a cure; yet in such cases the patient was rendered comparatively quiet and free from pain in their last hours by the transmission and application of this power. Everyone possesses this power to relieve pain and cure disease by the transmission of this Vital Substance from their body to that of the suffering. Who is it then that would not like to know how to do this? Is it not a duty that we owe to ourselves and our fellow-man to learn how to use this God given power, by which we may relieve the sufferings

of our fellow-man? It must be a great satisfaction to the father or mother when one of their children is burning up with fever to be able to apply this power and reduce the fever in a few minutes. Yet, strange as it may seem, it is within the power of every parent to do this. Everyone possesses this power. Then is it not a sacred duty to learn how to use it? Nothing but willful blindness and stubborn prejudice prevents many from enjoying the benefits that a knowledge of this power and how to use it will bring. While everyone possesses this power in a greater or less degree, and all can use it to relieve pain and cure disease; yet all cannot become famous as Healers. We are sorry to say that ignorance and prejudice prevents many from enjoying the benefits that a knowledge of this science will give. But the time is coming, and is not far distant, that any physician who would give poisonous drugs to a patient to relieve pain or give calomel to move the liver, when he possesses a power within himself to do these things without the use of drugs; such a physician will be laughed to scorn. The application or transmission of this power to relieve pain and cure disease is no longer an experiment, it is an established scientific fact and is being demonstrated every day by Natural Healers in almost every neighborhood in the land. One of the most prominent physicians I know of in the State of Missouri was called a few years ago where he was practicing medicine, to see a lady suffering with severe pains in the lower bowels; he placed his hands over the region of the pain for a moment or so in making an examination; when all at once the lady exclaimed, "Oh Doctor! The pain is all gone!" This led him to investigate, and the result was he became a Natural Healer and learned to rely on the forces of nature to heal his patients, and he is now treating all his patients by Natural methods, never using medicine in any case. He now says that medicine is a humbug. It is but fair to say that he has had far greater success since he became a Natural Healer in treating the sick than he ever had in the practice of medicine. There is no question about the duty of physicians in regard to the practice of this science. No intelligent physician will deny that his self-confidence and his will-power are great factors in the success which he has with his patients; and in Natural Healing, self-confidence and will-power are two things that are absolutely essential to success. Some will declare that they do not possess this power, that it is a humbug and a fraud and will not investigate to prove the truth or the falsity of the proposition. Such persons are always ready to condemn any good or new thing without investigation. They are the same class of people who in all ages of the world have done everything they could to debar the progress of all new enterprises and the advancement of science. Now it is no trouble to prove whether or not you possess this power, and all that is necessary to do so is to TRY, assume that you do possess it, and then TRY according to the directions laid down in this book and you will soon be convinced. Success is sure if you follow the directions. You cannot do harm if you cannot do good;

so TRY EARNESTLY and CONSCIENTIOUSLY and THOROUGHLY and the results will surprise you. This Magnetic Power or Electric Substance in the human body is like any other part of the body, it gains strength and power by use. I have known persons who were possessed of a very small degree of Vital Magnetism, who by constant use and cultivation of this power became eminent Healers. As before stated, while all persons possess this power, in a greater or less degree, yet it is true that all do not possess it in the same degree; but all may improve and become stronger in this power by practice. One of small Magnetic Power may, by practice, develop this power to a high standard. Remember that if you would reach the top of the ladder you must climb and work. There is no prize without labor, and this is true in the profession of Natural Healing, the same as any other profession or trade. The foundation principles of Natural Healing can be learned in a few hours, so that one may relieve pain and cure simple forms of disease; yet if you would become skillful and would reach the top of the profession, you must work and study as long as you live. Some get the idea that they can learn this business in a few minutes, this is a great mistake and this is the cause of many failures. They give one little trial and if they don't meet with the success of an expert, they throw it down and say it is no good. Such people fail at everything; they lack will-power, and a little mother wit and common sense. These people lack self-confidence and will-power and are too lazy to cultivate these virtues, and hence they not only make a failure of this but also of everything else in life. There is no doubt but that Deluze was correct when he made the statement, that this Magnetic Power which can be transmitted from one person to another through the nervous system, can be made to exercise a moral as well as a physical influence. We are satisfied from our own personal experience that this statement is true. We have, by the exercise of this power, in several cases corrected bad habits in boys, have almost changed their whole character by the application of this power, aided by Hypnotic suggestion. A story telling boy may be truthful, a quarrelsome boy may be made peaceful, and an indolent boy may be made industrious by the proper transmission of this Vital Substance. This, however, may be substantially aided by the use of the other two sciences in connection with this. (See Diseases, Natural Method of Treatment). The Natural Healer should endeavor to increase his self-confidence and will-power; he should also endeavor to increase his power of concentration; he should learn to so concentrate his mind on his work that he will become dead to all the world around; see nothing, hear nothing but the work in hand. And while, according to the Bible, "The laborer is worthy of his hire" and a pecuniary reward for success in this profession is not to be overlooked, yet the Natural Healer should be prompted by a benevolent feeling; a desire to do good; a sincere desire to relieve the sick and suffering. This sincere desire to relieve a patient must be present if he would succeed; yet there are cases where

the Healer being over-desirous or over anxious will spoil his effort and render treatment a failure. This is sometimes the case with a loving parent, when their only child is taken sick with a burning fever, they sometimes fail to reduce the fever because of this over anxiety. I have known such cases where another Healer would apply the treatment, and precisely the same treatment, with perfect success. Where one is over-anxious about a near relative who is sick they should, if they fail to get results, always call in another Healer. Don't get scared and send for the doctor and say that Natural Healing is no good. If you do there may be another grave added to the old churchyard. The more you practice transmitting this Vital Current, the easier it will be for you to do so, and while the current eminates from the whole body; yet the strongest and best current is sent from the palms of the hand and the tip end of your fingers. The will-power directs the current. So in transmitting this current the palms of the hands and the tips of the fingers should always be applied at the place from which we wish to send the current, and the hands should always come in contact with the flesh of the patient in sending the current, except in making the passes which may be made over light clothing. There is a great difference in people as to their ability to feel this current when applied. Some are so sensitive, that if you pass your hand in front of their face or down in front of them or near the person, they will feel it very distinctly; provided you exercise strong intentions of making them feel it. While others are not so sensitive, and require contact to make them feel it. As a general thing persons in poor health will feel the current more readily than the strong and vigorous. The more you practice transmitting this current the stronger you will become as a Magnet. Some Healers get tired very easily when they first begin to transmit the current; but practice will make them stronger and stronger, until they can treat quite a number of persons in a day without the least fatigue, and the last person will, if anything, receive the strongest current and a better treatment than the first. Self-confidence is necessary in both patient and Healer; but it is especially so in the Healer. Success begets confidence, and success is the result of painstaking trial. The operator should always strive to create confidence in the patient, this is half the battle. The patient who has great confidence in his Healer will get well quicker than one who has not. The fact is if the patient lacks confidence in his Healer; this confidence must first be established before the patient will make any advancement towards recovery. As a curative agent this Vital Substance will take hold of and more readily effect the system of one who has lead a simple frugal life, than it will in one whose system is full of drugs, or suffering from the effects of intemperance, vices and bad habits. This can be readily seen; because the treatment must necessarily overcome the effects of these drugs before it can reach and begin to build up the normal system. Take one whose system is full of drugs and suffering from the effects of bad habits,

intemperance, etc., and in such a case it requires more of this Vital Substance, more work and a longer time to effect a cure or to restore the system to its normal condition. And of course in such cases it requires a longer time before the effects of the treatment can be seen; but if the treatment is properly applied the effect will be felt by the patient at once. Often when this Vital Substance is applied, it causes pain in a diseased part; but this is a good sign that your work is effective and that the remedy is going to the spot. This pain is caused largely by nature's effort to throw off the diseased condition. These pains are usually of short duration and the patient invariably improves faster after they cease. The operator should, in giving treatment, endeavor to make himself very positive, and if he is inclined to be passive or to take on a passive condition, he should fight against it and should endeavor to be firm, resolute and determined. The operator should treat with the firm conviction that he can cure the patient, and success will surely crown his efforts. Some persons when they first begin to give treatment are naturally inclined to be passive, they are inclined to take on the same condition of the patient; this they must guard against in every case; because if they do not, there is danger of taking the same disease with which the patient is suffering; while if they treat with firmness, fully believing that they can cure the patient without danger to themselves, it will be impossible for them to take any disease. Some people go about in a passive receptive condition all the time and in this condition their system is just ready to receive and appropriate every floating germ or microbe of disease that comes along, which these floating germs and microbes of disease are not slow to do; while if they would cultivate a positive condition, disease could not get a foot-hold in their system. Now if you will cultivate a positive condition, as above described, you can treat any and all diseases with perfect immunity; and, strange as it may seem, the giving of treatments to others will increase your health and strength, even if the patient is feeble and in poor health. This is one strange thing in connection with the transmission of this Vital Substance, the more it is done, the more it is practiced, the healthier and stronger we become. Some people have the idea that in treating a great many patients it would have the tendency to make them run down and weak; but such is not the case; the more we transmit this power the stronger and healthier we become. Fear is one great cause of contagion. It is generally the man or woman who stands in great fear of a disease that usually takes it first; they work themselves up into this passive or receptive condition, in which the system is just ready to receive and appropriate any floating germs or microbes of disease, and these floating germs are not slow to step in and take possession of the unprotected system.

VITAL HEALING.

Lecture No. Three.

The human body is truly a wonderful machine. If we would investigate the most marvelous works of omnipotent wisdom, we need go no further than our own body to do so. Beginning with the brain, for illustration, it occupies a small space, weighs but three pounds and eight ounces in a man, in a woman two pounds and four ounces; yet just think of the great power that it exerts. The various senses are performed and muscular motion is excited through and by means of 9 pairs of nerves proceeding from the brain and 31 pairs proceeding from the spinal marrow. The skin is so permeated with these nerves that the least touch on any part of the body or the slightest change in the atmosphere is, with lightning rapidity, conveyed by these nerves like telegraph wires to the brain. The brain may therefore be truly called the physiological capitol of the nervous system. The average weight of a man is 150 pounds, one fifth, or 30 pounds, of which is blood, flowing through every part of the body even to the bones and muscles, charged with fresh living atoms. It restores to every part living atoms in return for the dead waste and worn matter which is no longer needed. The liver, lungs, kidneys and pores of the skin are the dumping grounds into which the blood makes its deposits, and these organs dispose of this waste matter through the channels which nature has provided. The heart is the great reservoir of the blood and with every beat it distributes it throughout all parts of the body. The heart in an adult is about five inches long, three and a half inches in diameter and weighs about ten ounces. Every three minutes all the blood in the body passes through the heart, over two ounces of blood are thrown out at each beat of the heart, and the total power of the heart in beating in a day amounts to the same as would be required to lift 130 tons a foot high. It beats 70 times a minute in a grown person, 4200 times an hour, 100,000 times in a day, 36,000,000 beats in a year. Marvelous indeed is the human heart.

In transmitting this Vital Substance, which we call Magnetism from the operator to the subject, there are four principal plexuses used and which are situated along the spinal column between the upper and lower vertebrate, see plate No. 1. This plate is used to show the point at which the right or positive hand of the Healer should be placed in transmitting this Vital Current. We reach the vital organs of the body and supply them with this Vital Substance, through numerous nerves like telegraph wires, which lead off from

these plexuses. The names of these four principle plexuses are: Cervical, Brachial, Lumbar and Sacral. It is by and through the nerves, leading off from these plexuses to the vital organs of the body, that we transmit this Vital or Electric Substance to the diseased part. The nerves leading off from these plexuses to the vital portions of the body like telegraph wires convey this Vital Substance to the diseased organ. As before stated, everyone possesses this power, this Electric Substance, this power to relieve pain and heal disease; but in many this power lies dormant, a true knowledge of which and how to use it correctly, and it at once becomes a great factor in curing all kinds of diseases. Everyone possesses within themselves, not only the power to heal others, but also the power to promote health and vigor in their own bodies and also cure themselves of any disease. See Self Treatment, which will be shown further on in this work. Everyone possesses this power and everyone with even a thimble full of brains can become a successful Healer; but as to whether or not you succeed, much will depend on yourself, on your own efforts. This work will thoroughly teach you how; but as to your success everything will depend on yourself. You should cultivate strength of character, resolution, firmness and decision, and a firm determination to succeed; if you do this and try faithfully success will surely crown your efforts. In this field of work, if you should choose it as a profession, you will meet with all kinds of people, all kinds of superstition and all kinds of belief. You will be astounded at the idea of some people, but you can meet and vanquish the foe and triumph over every difficulty if you will persevere. Remember that truth is mighty and will prevail and you have it on your side, which is half the battle, and if you will exercise all your mother wit, throw all your energy into the work, and present an indomitable courage to the foe, you can overcome every difficulty and a grand and glorious success will be your reward. The situation is changing rapidly; many leading physicians of known repute are taking up this work and we sincerely believe the dawn of a brighter day is near, but remember if you would succeed you must work hard, it will take labor to gain the prize. The profession of the Natural Healer is not an easy one, and unless you are actuated by an earnest desire for knowledge and a sincere desire to help and relieve suffering humanity, I would advise you to let it alone as a profession; but if you have these worthy and noble motives, then go in to win, and stick to it; die by your colors. There is no profession in the world more honorable than that of a Natural Healer; but remember you must honor the profession, and while the compensation in this profession is ample and as a rule Natural Healers are much better paid than drug doctors, yet when you make your living by the practice of this science you are strictly fulfilling the divine command, to earn your living by the sweat of your brow. This is a business in which personal Magnetism counts, and if you are not naturally gifted with it, then you must cultivate it. If you are a good judge of human nature, that will be of great

PLATE NO. 1.

THE NERVOUS SYSTEM.

Explanation.

A. Cerebrum.
B. Cerebellum.
C. Cervical Plexus.
D. Brachial Plexus.
E. Lumbar Plexus.
F. Sacral Plexus.

assistance to you, but whatever talent you lack you must cultivate; anyone can do this if they will only try. One of the best performers on the piano I have ever seen had no ear whatever for music, all was mechanical and cultivated. Never argue with anyone except in a pleasant way, and be firm and courteous to those who disagree with you and pleasant to all. If attacked defend yourself in a firm but quiet and respectful manner, never be extreme in your conversation, nor hurl fiery epithets at those who do not believe as you do; remember there was a time when, perhaps, you believed just as they do. You should be charitable towards all and endeavor to extend a good will and fraternal feeling to everyone. Remember that good thoughts sent out will return laden with their own kind. Natural Healers should never stoop to gossip or tattle; this will make you think less of yourself and will hurt you in your profession and lower you in the eyes of the public. You should strive to gain the good will of everyone with whom you come in contact. You should endeavor by your will-power and Magnetic force to make others believe in you and trust you. The exercise of personal Magnetism is the secret of the success of all our great orators. Before you have practiced this profession very long you will no doubt become tired of hearing the same old song of patients who come to you to be treated, "They have tried all the doctors, took all kinds of medicine," and many will appear to have lost all faith in everybody and even themselves; but you must exercise patience and bear with them. Some of these chronic patients will declare they have no faith in you or your treatment, but the truth is they have, or they would not come to you for treatment. The very fact of their coming to you proves that they have some faith or they would not come. Now to this little faith they have you must seek to build and increase. You should encourage them and seek to add to their faith, both in themselves and in you. You should endeavor to inspire confidence in them and lead them to believe they are curable. In some cases this may be hard to do; but you should try your best and when you once get the impression removed that they are incurable, recovery will be rapid. It is a good idea in treating a patient to first bring them into communication or En Rapport with yourself. See plate No. 2.

This condition is produced by the Healer, who thus exerts an influence over the patient by the transmission of this Vital Substance. To produce this condition, take hold of the patient's left hand with your right hand, placing the thumb of your right hand between the third and fourth fingers on the back of your patient's left hand, thus making direct communication with the ulnar nerve and take your patient's right hand with your left hand, placing the thumb of your left hand between the third and fourth fingers on the back of your patient's right hand, as in plate No. 2, thus forming a circuit. Now you should use your right hand as the positive pole and your left as the negative and make the vibrations with your right hand, which is a fine quivering motion, at the same time ex-

ercising strong intention or will to transmit this Vital Substance through your patient from your right hand to your left. If the Healer does this work right and succeeds in producing the condition, the patient will feel the current gently stealing up the left arm, similar to the current from an electric battery. This condition can usually be produced by an experienced Healer the first time he tries it; but in some cases it will require more than one trial to succeed, even by an expert. A skillful Healer can always tell when his influence is felt by the patient. It is a good idea to observe the pulse of your patient; it will tell you how he is getting along. In cases of fever, by the transmission of this Vital Substance, the fever can be quickly reduced, even in a little child. I have, in the case of a little child four years old, who was burning up with fever and nearly choked with croup, by simply placing my right hand on the forehead of the child and my left on the stomach, I have in five minutes reduced the pulse to the normal and relieved the croup. If the pulse is too high by the transmission of this Vital Substance, it can be quickly reduced and on the other hand if too low, the circulation can be quickly increased by the correct application and transmission of this Vital Power. A good way to generate an abundance of this Vital Substance in the body is by deep breathing, filling the lungs with pure air, and the blood with plenty of oxygen, thus adding vigor and strength to the body. Every practicing Natural Healer should cultivate deep breathing in the open air at least twice every day, morning and evening, for at least fifteen or twenty minutes at a time. This will greatly assist in maintaining a good supply of this Vital Power. In cases of consumption and lung diseases this deep breathing is also a valuable aid in their treatment. The air is full of Magnetism, life. Pure water also contains large quantities of this substance, in fact we are indebted to all the elements around us and are continually drawing on them for this Vital Substance. The supply is inexhaustible; the earth, air and water are full of it, and we have only to live in harmony with nature's grand laws to receive the benefit it gives. The human man is a magnet. It has been stated upon good authority that if a dead man is placed on a pivot like the needle of a compass that the head will always point to the north. We have never tried this but we believe it is true. It is therefore proper to always sleep with the head pointed to the north, and we have observed in cases of sickness that the patient always does better and improves faster if their bed is placed so their head will be to the north. A faithful trial by anyone will convince them that they are possessed of this Vital Power and when properly applied there is no end to the blessings to be derived therefrom. The application of this Vital Substance, in the relief of pain and in the cure of diseases, is commonly and properly called Magnetic Healing; but as this treatment is only a small part of what we teach and practice in the Healing of disease, we call it Vital Healing and as there is a certain amount of ignorant prejudice against the term Magnetic Healing, we advise our students and those who practice

PLATE NO. 2.

Bringing the Patient into Communication.

this science to call themselves Natural Healers, or Doctors of Drugless Healing. The title or degree which we confer on those who master this work and are therefore entitled to a diploma from our school is "Doctor of Drugless Healing," which covers the whole ground. Magnetic Healing consists simply in the transmission of this Vital Substance, from one person to another for the relief of pain or the cure of disease, while we teach and practice a great deal more. This now closes the third and last lecture on Vital Healing, and trusting that we have made everything clear to the student, we will now proceed to the subject of Mental Healing, which can be used to great advantage with Vital Healing.

—o—

MENTAL HEALING.

Or the Power of the Mind in Healing Disease.

Lecture No. One.

Mental Healing is one of the three great sciences underlying the great fabric of Natural Healing. Vital Healing and Hypnotic Healing being the other two. Very often all three of these sciences may be used in the same treatment and with better results than either could be used alone. Mental Healing consists in the cure of disease by the use and power of the mind. There are many deep and mysterious things in connection with the study of this subject; yet, when properly explained, the foundation principles are so simple that most anyone who will apply themselves can at least master the art to the extent that they can do wonderful things in the way of curing disease. There are many things in connection with the study and practice of this science, that before investigation and trial, seems impossible; but nevertheless, by an honest trial the most skeptical will be convinced of the efficacy of this great power in man, when properly used to heal disease. Man is truly a wonderful being. Made in the image of and likeness of God, he became and is a part of God; a spark, as it were, from the great divinity. When God breathed into his nostrils the breath of life, he became a living soul. Made perfect in the image and likeness of God, man by his disobedience, became wise unto death. Is it anything wonderful then, that man should be a wonderful being? Man is then a part of the Divine being, a spark from this Divine source, the all wise omnipotent God. The mind of man in wisdom is like unto God's, except it is only a spark from that great mind of

the Lord. The Bible says, "Who hath known the mind of the Lord, that he may instruct him?" From which it follows that no one can know the mind or the Lord; but we can know the mind of men, and we can learn something of our own mind and its power to heal disease and promote health in our own bodies as well as in others. It is this great power in man that we now propose to further consider in this lecture, the power of the mind in healing disease. The great or infinite mind or power controls and rules all the natural laws and forces with which we are surrounded. All the works of creation are ruled by the power of this great mind. This great power is working, ruling, creating, and governing everything through the laws of nature. We are pleased to call this great power, this great mind, back of all these immutable laws, God. How few realize that man is a part of God in its fullest sense, how few realize what the term life is in its broadest and most comprehensive sense? It is nothing but gross ignorance that causes so many people to live narrow restricted lives. Ignorance is also the father and mother of disease, sickness and death; but when man is once brought to realize his true relationship to God, that he is a part of this great Divinity, he will then begin to live accordingly. Some people say they do not believe all they hear and only a small part of what they see. Now, the truth is, we can see only a small part of the things that do actually exist. The things that exist that we cannot see, far out number the things that exist, that we can see. Many things we see are only the effects of silent forces at work in our own and other people's lives. Invisible to our eyes, yet they are the causes of the things we do see. Thoughts are the only production of the mind. Thought, though a fine substance, is one of the most powerful things in the universe, directed by the will of man; it goes out and returns performing the duty with which it is entrusted. Thought, being thus powerful, when properly directed by the will-power, will heal disease. Thought is a substance, a force, a most powerful force, subtle and irresistible. Thoughts are therefore valuable and should not be wasted or thrown away, and if you would determine your future life, learn to control your thoughts or mind, and the thing is done. It is hard to realize this, but it is true, nevertheless. Christ, in his great sermon on the mount said, "Bless them that curse you, and do good to them that hate you"; now this injunction was based on a scientific fact and a natural law. We cannot do good to others without getting in return all the good there is in the elements of nature, while to injure another is to bring to ourselves in return the elements of destruction. This is another fact that is hard to realize, but true just the same. And what a heaven this earth would be if this injunction of the Savior in His sermon on the mount was universally obeyed. Knowing, therefore, the power of the mind; we should cultivate good thoughts; bad thoughts should never be entertained for one moment, they should be banished from the mind as dangerous things, which they are. In the building up and regenerating of

of the human body, there are three factors, viz: Thought or belief, desire and will. Of these three, belief is the greatest. "As a man thinketh in his heart so is he," is just as true to-day as when uttered thousands of years ago. You should strive, in treating your patients by Mental Power, to inspire them with both confidence in themselves and in you, and to instill into their minds, health giving thoughts, and these will soon manifest themselves in the outward appearance of the body. As before stated, a thought is a thing, a force of wonderful power. Thoughts act upon the nerves of the body, the same as the nerves act on the vessels of blood, and similar as the blood vessels act upon the muscles of the body. This power or force in man, directed by the will, shows itself in the personalities and peculiarities of people. Without this distinguishing feature there would be no difference in the character of people; in other words, man would be simply a thing. Many people live and die and pass away without ever accomplishing anything or doing anything by which they will be remembered, because they failed to properly exercise this power. This power or force in man can be educated and strengthened by cultivation and exercise, the same as any other part of the body. Mental Healing and Vital Healing are closely allied. In Vital Healing we depend on the nerves to carry the Vital Substance to all parts of the body, while the mind or the will-power directs the substance, landing it at the proper place. The will-power is educated, strengthened and built up by the exercise of the mind and like any other organ of the body, this power becomes strong and useful, just in proportion as it is exercised and trained. By the proper education and exercise of our wills we may bring to ourselves health, strength, riches or whatever we may desire. The power of the will in man is very great indeed, but without desire it would amount to nothing. It was desire that prompted the creation and desire that holds all forms of creation together in harmony. We are indebted to desire for all the improvements and advancements of the human race. The improvement and advancement of all the works of creation and all the modern improvements of man are due to desire. Without desire there would be no need to exercise the will, and hence the being that is perfectly contented and satisfied is also perfectly worthless, because the lack of desire. It is desire that moves the world. Now, if you would be successful as a Mental Healer, you must first learn to control yourself. "He that masters himself is greater than he that taketh a city." How true is this. He who learns to govern himself is truly a great man, though he may live in obscurity and be unknown to the world. The mind has power over the body and we should exercise this power if we would rule well and wisely, this house in which we live. The body is simply the temporary home in which we live; how necessary it is then that we should rule it well and keep it in subjection to this higher power, the mind. As before stated in this work, if we would succeed as Healers we must be very positive, and never negative; if we are negative to the person we are treating, the treat-

ment will be a failure. We must first then learn to control these powers in ourselves before we can direct and control them in others. One who has failed to do this will be negative to the one who has, and therefore would make a failure treating him. The minds of many become dull and weak from lack of use and cultivation, just as the arm would become if not used at all for any length of time. It is the lack of self-confidence that causes many failures in life; the failure to cultivate the power of the mind and will. Such people are easily encouraged, and having undertaken anything, they will give it up because of the least obstacle that presents itself. Those who have permitted themselves to drift into such indolent habits, must arouse themselves and turn over a new leaf in their life's history, if they would ever amount to anything or be of use in this world. Our purpose in writing this lecture is to arouse the student to a sense and proper use of this great power within, which if properly understood and exercised by the mass of mankind, would avert countless thousands of cases of sickness and death. This development of self must and will precede the accomplishment of all other objects in life and even the future development of the earth, air, water, electricity and other powers of nature must necessarily depend on the preceding development of this power in man. The mind, as before stated in this work, is the most powerful thing in the universe; it rules our bodies and the body is but a manifestation of our mind, because the mind will in time mold the body after its own cherished ideas. It is a well settled fact that the condition of the body will soon follow that of the mind. This is a well settled scientific fact which should not be lost sight of by the Natural Healer. How important is it then for the Healer to be able, not only to control his mind, but also the minds of others. The condition of doubt, fear, anxiety, evil forebodings, and the like should be banished from the mind, and a new and better kind of thoughts entertained, thus demonstrating that you are master of your own mind and body and the effects of this change will soon manifest themselves in the outward appearance of your body and will be agreeably felt in your whole life and surroundings. There is no question on earth about the great influence of the mind over the body. "As a man thinketh in his heart, so is he," is just as true to-day as when uttered and it is being demonstrated every day by Healers all over the land, that the condition of the body can be changed rapidly by changing the condition of the mind, or by influence exerted by the Healer over the mind of the patient. It is a well settled fact, and one that has been demonstrated thousands of times in the last few years, that whatever the condition of the mind may be, that of the body will soon follow. It is therefore necessary that the Healer should first cultivate and strengthen his will-power so that under all circumstances he is master of himself and therefore master of his surroundings and circumstances, standing firmly in possession of the many faculties which nature has endowed him, he is thus prepared and realizes what the word life means in

its fullest sense, and having accomplished this much he stands ready and is fully able to control, educate and strengthen these forces in others. In order to heal disease successfully by the power of the mind, one must first become master of himself in the fullest sense of the word. The source and origin of every great event that has ever taken place in the history of the past, can be traced directly to thought, or this power of the mind. Thoughts are therefore things, and a good thought lives forever, it can never die and throughout countless ages these good and noble thoughts will stand as a monument to the memory of him in whose mind they originated. The mind, character, and standing of everyone, may be determined by the quality of their thoughts. A man or woman is but the product of their minds. "Of the abundance of the heart or the mind, the mouth speaketh." And so the conversation of one is, not only a sure indication of the mind, but also shows the circumstances and influence under which their minds have been formed. The mind, the most powerful thing in the universe, controls our bodies. Therefore the use of the mind in healing becomes one of the greatest known agencies on earth. In the majority of people the mind controls the body, but if they would become master of themselves, their circumstances and surroundings, they must learn to control their minds. They must learn to banish every evil thought from their minds by giving place to a good one in its stead. Thought is all powerful, and although invisible when trained in a correct knowledge of its own power, possesses more power to cure disease than any medicine ever known to man. Just as steam is more powerful than water, so is thought more powerful than matter. When trained or educated in the truth and knowledge of its own power, it also becomes an irresistible force in the healing of disease and regeneration of the human body. It has been demonstrated beyond any doubt, that thought cannot only make anyone sick, but that it will even cause death. It has been demonstrated that if anyone is made to believe that they are dying, that they will die, although nothing physically is wrong with them. So, if thought can make one sick and even kill them, then is there any reason why thought, so all powerful, when properly directed, cannot remove and cure disease. Man is a magnet and therefore has his positive and negative poles. Thought, being the most positive force in man, is also the most powerful. This power in man, the mind, has always been the true body builder and it has made the body over and fashioned it after its own ideals; yet this great power has been thus exercised so unconsciously that but little was known of it and the use to which it might be put; but it has been shown in the last few years that this great power in man, when properly educated, not only possesses the power to heal disease, but also to regenerate and remould the body after its own cherished ideal, that it most desired. In the preceding lecture we have endeavored to show you something of Vital Healing, you can now see how powerful Vital Healing becomes when aided by the mind, educated in its own knowledge and power.

MENTAL HEALING.

Or the Power of the Mind in Healing Disease.

Lecture No Two.

The mind, as before stated in this work, is the most powerful thing in the universe and man can, by a correct knowledge and use of this power, become absolute master over his body, and not only be able to cure himself of any disease, but will be able by this knowledge to forever guard his body against disease. Ignorance and sin or the violation of God's laws, both divine and natural, are the prime cause of all sickness and disease; in fact, it is the violation of these laws that is back of all the trouble, to which humanity is heir. Knowledge of and obedience to nature's harmonious laws will enable anyone to become a stranger to sickness and disease. Now, when we learn the great power of the mind and how to use it, we become the absolute ruler of this house in which we live, our bodies. The study of the human mind and a correct knowledge of its use, will enable us to strengthen and develop all the powers, which God has given us. By the study and exercise of this great power, every faculty of the brain and every noble principal of man is made stronger. As before stated, anything that effects the mind, will in time effect the body. In proof of this statement there are plenty of cases on record, where sudden fright or joy has caused some people to lose their minds, and in others death. The general result of anxiety or worry is a derangement of the digestive organs, sometimes if persisted in, leading to insanity. And it has been proven clearly and often demonstrated that disease in many cases had for its basis only the belief of the patient. Of course, disease in many cases is real, but in nearly every case it has its origin or start in the belief of the patient. "As a man thinketh in his heart, so is he." And this false belief, if continued or persisted in, will produce the real disease and the same result as if the belief were true. You are to-day in a large measure the product or result of your past thoughts. The body could not exist without this great power, the mind. In proof of this, take a dead man, the mind is gone and he is nothing but a lump of clay. As long as the mind remained he was all life, but now it is gone and he only represents so much inanimate dust. Every organ and every faculty of the body depend upon this great power in man; this great master. In order that this great power or force in man should grow and expand correctly, it should be fed only with pure and wholesome food, pure thoughts, for it lives on

thought. Christ our Savior said, "Man cannot live by bread alone." And when he said this, he but emphasized this idea that this great inner master should be fed on pure wholesome thoughts, as a part of the life of man. The normal condition of everyone should be health. God is not the author of sickness and disease. They are the works of man and are caused by man's violation of God's and nature's harmonious laws. As before stated, ignorance and sin are the father and mother of sickness, disease and death. A thought is a thing; a force and a thought sent out will return surely laden with its own kind. Evil thoughts toward others will return to you laden with their own kind. It is impossible for you to escape the consequences of your own thoughts. God is love and love and its kindred emotions are in accordance with God and his immutable laws. Hatred, malice and kindred thoughts are unnatural, abnormal and so are out of harmony with God's laws of the universe. Love is a fulfilling of the law; therefore, anything that is the opposite to love is a violation of this natural and divine law, and the result therefrom in every case must be the same, pain and suffering in some form. So good, kind and charitable thoughts toward others will make us physically stronger, in fact will act as a stimulant to the body; while the opposite, hatred and malice, will have a tendency to make us weak and destroy health. By the proper exercise of patience and love we can overcome hatred and malice; because of the two elements, love is the most positive and therefore the stronger. The Savior's command to do good to them that hate us, was based on a natural law, to distinguish us from the evil and unjust, because by hating others who hate us, we only lower and degrade ourselves. By this return of hate for hatred no good is to be derived, and much of our own virtue is lost. We don't want to be understood as trying to bring religion into this science, because there is no religion in it or only so much as we believe. If one believes that God hears prayer and gives treatment, breathing a prayer to the all-wise and just God for success, it cannot but result in good, because the Savior tells us in the book of law, that whatever we ask in his name, not doubting, shall be granted of the Father. And while this is not necessary to success in Natural Healing, yet it cannot but result in good, provided you believe God answers prayer. We are told in the book of law, that the prayer of the righteous availeth much, but of course if you do not belong to this class, prayer is one of the things that you cannot call to your aid and in Natural Healing we believe in using every aid that is consistent with God's and nature's harmonious laws. If all would cultivate a charitable feeling and good will toward others, sympathy and feeling for the faults and failings of others, this would be a far better world. If you would make your power and influence felt in life and if you would be powerful, let your love extend to all humanity. If you would have your burdens unconsciously lifted from your shoulders, if you would live a contented and happy life, then be always ready to extend a helping hand and to relieve the

sorrows and cares of others. By so doing you will help yourself unconsciously and will have the inward consciousness of having obeyed the divine command. It is now a well settled fact and admitted by the scientific world, that man has two minds and it seems to have been agreed among the philosophers of all ages, that man was composed of mind, soul and body; but the latest writers and authors seem to agree that man has two minds which we will term the conscious and sub-conscious minds. These two minds are sometimes called by other names, such as the objective and subjective; but we believe the most proper term for them is the conscious and sub-conscious mind. The conscious mind is the mind that we exercise daily in the transaction of our every day business; it is our reasoning mind. The sub-conscious mind is that part of our mind which remembers and retains all our past experiences. It is that part of our mind which records and stores up all our life's experiences, every incident in our past lives from our earliest recollection to the present time is treasured up in this great store-house. Whether we are aware of it or not, the whole of life's incidents and history is stored up in this great chamber This has been proven by the statements of persons who were brought suddenly to imminent danger of death. The statements of persons who have been nearly drowned or being suddenly brought face to face with that terrible monster, death, were, that in the space of a few moments, every detail and every trivial incident of their lives, even way back in childhood, would pass before their mental vision as clear as if it had only occurred yesterday. This may sound strange to those who never experienced it, but we know from our own experience that it is true, having been nearly drowned twice in life and having passed through every sensation that anyone experiences when drowning; we know that this statement about this faculty of the sub-conscious mind is true. This sub-conscious mind is like the ocean, the rivers and streams are constantly and forever pouring their floods of water into it, yet it is never full. So is the sub-conscious mind, into it is constantly and ever flowing a stream of new thoughts and experiences of life and yet it is never full and never will be till the mind or spirit takes its flight and leaves the body for the spirit world. It is a very important thing then for our eternal welfare that this treasure chamber of our minds should be fed on pure and wholesome thoughts. If we feed this mind on pure, enobling, uplifting thoughts, it will be manifested in our personalities which will be also pure and noble. If we would be handsome, wise and beloved by all, we must banish from our minds all evil thoughts of whatsoever nature. Then the result will be just as certain as the rising and the setting of the sun. The only thing that the mind can produce is thought, and it is so constituted that it can only entertain one thought at a time, therefore if an evil thought enters your mind, the way to get rid of it, is to displace it with a good, pure one, or a better way is to always think good thoughts so the evil can never find a lodging place therein. We can in this way by thinking good,

pure and uplifting thoughts, become fully guarded against existing weakness and all external bad influences. By the practice of entertaining evil thoughts and wrong doings, we place ourselves out of harmony with the universe, nature's laws, health and happiness. The Bible says, "Out of the abundance of the heart the mouth speaketh." Man therefore expresses his intelligence or thoughts by the mouth and these thoughts will form themselves into beliefs, which will be manifested in the person. Now we come again to the proposition, that the condition of the body will in time surely follow that of the mind. And this is a well settled scientific fact that should be well borne in mind by the student and practitioner of this science. If one is led to believe that they are sick, they will be sick. If they think they are well they will be well. If they are sick and their mind is so influenced as to make them think that they are getting well they will recuperate accordingly. This is one of the great secrets of Mental Healing and should not be lost sight of by the student. Now as before stated, a thought is a thing, a a substance, a power, one of the most powerful things in the universe. Then how important it is that we should cultivate the belief that there is good in us, that we are a part of God, that we possess the power of gaining whatever we desire in this world, if we will only learn of this power and properly exercise it. If we will only do this, we will very quickly begin to realize the great power of thought. Thought therefore, when properly trained, in a knowledge and exercise of its own power is not only the true body builder, but also the power by which we can by a proper direction heal disease in others and bring to ourselves health, wealth or whatever we may desire. We have the power to send our thoughts to any place or to any person anywhere, any time and no obstacle can impede its flight. Space or distance presents no impediment and it is the quickest thing of which the mind of man can contemplate. The velocity with which thought travels is beyond the power of man to compute. Now we use this power in healing by thinking healthy thoughts and by our will direct that they shall enter into the sub-conscious mind of a patient and by repeating this over and over we so impress them on his sub-conscious mind that they become living realities and he is therefore compelled to think he is getting better and when his mind once gets into this condition the body will not be slow to follow. The first thing to do, take one whose mind is filled with disease and unhealthy thoughts, is for him to change the current of his thoughts by thinking pure, healthful, wholesome and harmonious thoughts, which if persisted in will surely bring the sunshine of purety and returning health. Of course this cannot be done in a few minutes; it will require repeated effort, patience and perseverance, but if persisted in it will just as surely bring the desired results as the sun rises and sets. It is like building a house, one brick is laid at a time until the structure is complete. It is a well settled fact that disease or unhealthy thoughts will tear down, and that healthy and wholesome thoughts will just as certainly build

up the body, and good thoughts are in reality more powerful than bad ones, because they have the basis of divine reality behind them. It is the duty of the Healer to strive to banish from the mind of his patient all spectres of abnormities by filling the mind with pictures of beauty, health, strength, pure and earnest aspirations and expectations of health and perfection. It has been stated upon good authority that the sub-conscious mind is incapable of inductive reasoning and that is where the benefit of hypnotism is to be derived in Natural Healing. By the aid of hypnotism we are enabled to place the conscious mind in a quiescent condition, so that suggestions given to the patient or subject while in this condition, go directly to the sub-conscious mind and are received and appropriated without question or opposition from the conscious mind and suggestions thus given thereby become living realities.

—o—

MENTAL HEALING.

Or the Power of the Mind in Healing Disease.

Lecture No. Three.

A quiet, easy and hopeful mind is a good sign of recovery in any patient. Of this fact most any practicing physician will bear testimony. This condition of mind opens up the channels through which the life forces flow so rapidly, that disease cannot get any hold and if already existing must soon be dispelled; while the condition of fear, anxiety and worry have a tendency to close up these channels, thus impeding the flow of the life forces. Many have died because of fear, sudden fright, while many take contageous diseases because they stand in great fear of them. The patriarch, Job, said that the thing he greatly feared had come upon him. And so it is with us. The diseases we mostly fear are the ones that we will be most apt to contract. The condition of fear opens the doors of the system and permits every floating germ or microbe of disease to step in and establish themselves in the unprotected citadel. While on the other hand the man or woman who does not fear disease, rarely ever takes it. Courage closes the doors and bars the progress of disease; it puts new life and blood into our veins, making it impossible for disease to gain a foothold in the system. Some people go about with depressed spirits in a sickly, discordant mood and in such a receptive condition they become easy prey to floating germs and microbes of disease. There is no doubt whatever, it is no

longer an experiment; that the human body can be changed from a condition of disease to one of perfect health through the operation of the mind and these interior forces and the mind is one of nature's greatest agents in curing disease. Medicine will not cure in any case, which many have learned to their sorrow after spending their all in the vain attempt to regain health. The very best that can be expected of medicine in any case is that it may remove some obstruction, thereby giving nature a better chance to do her work; but even natural methods will do this far better than medicine, and with no evil effects, such as medicine gives. Now when we once realize that we are one with God or that we are a part of this great Divinity, we are then prepared to live undisturbed by passing influences. Being firm in this position we can become masters of our circumstances and surroundings and by a knowledge of our true relation to God, we also become conscious of the fact that we are the makers and rulers of our own bodies or the house in which we live. Once realizing our true relation to God, we no longer fear the outside forces, which, through ignorance, we once permitted to take possession of our bodies; but we at once realize the fact that we are the masters of these forces and so direct them into perfect harmony with us. The slave of the past is now master. If you would live long and carry youth with all its bouyancy into old age, then be careful as to how you think. If you would remain young in body, then you must remain young in thought, because the rule holds good here, that the condition of the body will follow the condition of the mind. The body is constantly undergoing a change in harmony with the state of the mind or thoughts entertained. A good rule in regard to ourselves, is not to think of ourselves or our ailments, real or fancied; but after giving the body proper food, drink, sunlight and air necessary to health and after properly observing the law of cleanliness we should give the body no further thought. Some people are always talking of sickness, disease and death; this is very wrong. What right have you to be forever trying to instill these unhealthy and diseased thoughts into the minds of others? Why not talk of something more pleasant? In the use of the mind in healing disease, if you would be successful, you should learn to concentrate your thoughts or concentrate your mind on one thing and you should practice this concentration of the mind until it becomes easy. You should learn to so concentrate your mind on the work in hand that you will become dead to all the world around, everything except the work in hand. Your success in the practice of this science will depend largely upon your power of concentration. It may not be easy to concentrate your mind at first, but if you will try and persevere and not be easily discouraged, you can succeed beyond any doubt. This concentration of the mind is the key to success. You should practice it once or twice a day until it becomes easy. If you find it hard to concentrate your mind upon anything it is a good idea to write the word or sentence on which you wish to concentrate your mind on a piece of paper and hang it

up in front of you. Now try to fasten your eyes on it by reading it over and over, then take your eyes from it and try to see it plainly with your mental vision. By having some object in front of you to look at this way it will help you to keep your thoughts from straying. By doing this you so impress the object or sentence, or thought upon your sub-conscious mind that it becomes a living reality. In order to succeed in the study and practice of this science, both in healing yourself and others, you must lay aside all prejudice and foolish beliefs, without which you will surely fail; because prejudice bars the door to truth and knowledge. You should exercise the faith of a little child in the promise of its mother. Assume that everything stated in this work is true and then try earnestly and faithfully and the results will surprise you. The same method of treatment prescribed in this work for the various diseases will answer for yourself with this difference: In treating another by this science you direct your healing thoughts to go to them whether present or many miles away. While in treating yourself you direct your thoughts to your own sub-conscious mind. And remember that in the practice of this science you must exercise faith and confidence or your work will be a failure. A good way to treat a patient by this science is to place them in a comfortable position and then tell them to free their minds from all care and worry and to try to be passive to your influence. When you get them into this condition their mind will be something like a blank piece of white paper and their minds in this condition will receive your thoughts readily. Now, seat yourself near the patient, close your eyes and concentrate your thoughts upon the patient and his illness and try to send your healing thoughts into his sub-conscious mind to expel his thoughts of disease, and if you do this correctly he will soon be able to think these thoughts for himself. In every case you should strive to make your patient believe that you can cure his ill by his assistance. Tell him that much depends upon himself, which is true. A mental treatment like the above, need not occupy over ten minutes. That thought can be transferred from the mind of one person to another, cannot longer be doubted. In proof of this fact, have you never in your past experience, while sitting by a friend or relative and your mind for five minutes deeply centered on a certain person or subject, you both sitting in perfect silence during the time when all at once your friend would speak of this person, or subject of which you had been thinking so earnestly? This has happened in the lives of nearly every individual and while it is a trivial circumstance; yet it proves that there is such a thing as communication of minds. As light finds no resistance in the air and travels wherever its rays are projected, so thought being set free is in the realm of spirit where it meets with no resistance. By this power of the mind and the transference of thought we are enabled to treat persons at a distance and to cure them of disease. Night is a good time to give absent treatment, as isolation and silence favors the concentration of your thoughts. And then if your patient

should be asleep it will be all the better; because when asleep their minds are always in a receptive condition. All healing power is founded on knowledge and self-confidence. The more knowledge you have of nature's laws and your power to heal, the more self-confidence you will have and the more knowledge you have and the more you assert your power to heal, the stronger you will become as a healer. Man is a magnet and has the power of drawing to himself all the good that he may desire, when he knows how to exercise this power and law of attraction. You have within yourself a something that is forever true to you and which always guards you against the foe of foreign invasion. Now your power as a magnet will be governed largely by your fidelity to this inner fort, this spirit or will and the more you recognize and exercise this power within the better you will be able to accomplish whatever you may desire. You will learn how to develop and strengthen this power within by the study of the mind. The body of man could not improve if there were no growth to the brain. Man's faith in his power to overcome, is merely challenged by the seeming resistance of earth and its forces. And this seeming resistance of the earth and its forces materially aids man in his development, because unless the brain could overcome and conquer it could not grow. It is to this character of the brain that the body is largely indebted for its power and shape. The body is therefore in a large measure fashioned by the brain, but the brain is built and sustained by the body. Nearly all sick people would love to be restored to health and they have the power within themselves to do this; but this power in many lies dormant; they do not know how to use it. In treating by mental process, we should endeavor to inspire the patient with faith and confidence in his own power and strength. We should endeavor to have him rely upon this healing power within himself. He should be taught that in eating, drinking and breathing, that it should all be done for the purpose of bringing to him new life and health and dispelling disease from his system. There are cases where the patient may be too weak or too sick to grasp these thoughts. In such case you should endeavor to think for him the thought he is not able to think for himself, you assuming that he has this power within. Try to impress these healing thoughts upon his sub-conscious mind and if you succeed he will soon begin to recognize these thoughts and it will not be long until his body will show forth the results. Everyone should practice Mental Science. Do not wait until you are sick; you should begin at once educating yourself to concentrate your thoughts and by the practice of this science you can forever guard yourself against sickness and disease. It is well to understand in studying and practicing this science that perfection cannot be reached all at once; that it will take time, patience and perseverance to reach the highest standpoint of perfection. If it were not for our mistakes and short comings no progress would ever be made, because it is only through our mistakes and by their correction that we ever make any progress. But truth is mighty and

will prevail. The great healing power of the universe is love; we often fancy that everything in life is against us, which feeling makes us miserable and unhappy, but the truth is, all of nature's forces are friendly to us. When we obey the law of the Infinite and comply with its provisions, we at once enlist, in our behalf, all of its unlimited forces. As the great oak grows from the little acorn, so may we attain to all power, all harmony and all good through this power within. Your sleep at night will be more peaceful and refreshing, if you make a practice of sending out your thoughts of love and good will to all humanity and you will thereby largely increase your mental, spiritual and physical powers. In doing this you ally yourself with all the powers of peace and harmony in the universe. Fear is an utter stranger to those who attain this higher realization, because it carries with it the sense of protection. Success begets courage and self-confidence; courage brings strength, but fear begets weakness. If you would be master of the circumstances surrounding you and make your power felt in the world you must possess or cultivate strong faith or courage. Being out of harmony with the higher laws causes much of the sufferings of humanity. No desire will be withheld from those who make their lives harmonize with the higher laws and forces. When you attain or enter into the realization of this higher life, the treasure within will be far greater than all the riches of this earth. The attaining to this higher life is the laying up your treasure, "Where neither moth or rust doth corrupt, nor thieves break through and steal." We once heard of a sure remedy that was guaranteed to cure every ill, to which humanity was heir, and we give it here. At nine o'clock every night sit for half an hour in a comfortable position and forgive mentally everyone against whom you have any ill will. If you are predjudiced against, or fear even an animal, mentally ask forgiveness of it and send it thoughts of love. It you have accused anyone of an injustice or talked about them unkindly, or criticised them, or gossiped about them, withdraw your words by asking them in silence to forgive. If you have had a falling out with friends or relatives or if you are at law or engaged in contention with anyone, write letters of forgiveness and withdraw all proceedings that will tend to prolong the separation. See everybody and everything as they really are, pure spirit, and send your strongest thoughts of love. Do not go to bed any night feeling that you have an enemy in the world. Be careful not to think a single thought or say a word that will offend; be patient, loving and kind under all circumstances. You can do this if you are faithful to the silent hours, because there you will be helped to overcome the selfishness of the carnal sense. There is an immutable law lying back of this. God is love and love is manifest as life. God is thus manifest in and through all his creation and if we do anything to cut off the love of any person we are cutting off the love of God, hence the life that flows through all. When we, by withdrawing from our fellows in any way, cut the cords of love that bind us together as men and women, we at the

same time sever the arteries and veins through which the universal life flows. We then find ourselves a mere bundle of strained nerves, trembling and shaking with fear and weakness, and finally dying for lack of God's love. But the omnipresent spirit seeks ever to flow into us and to stimulate us in every faculty. We must however, by our words and acts, acknowledge this all powerful presence as the moving factor; because we each of us have inherent free will which welcomes or rejects all things, even God not being excepted. Self-condemnation is also a great error and if persisted in leads to dire results. If you have accused yourself of ignorance, foolishness, fear, sickness, anxiety, poverty, anger, jealousy, stinginess, ambition or weakness, or if you are melancholy and indulge in the blues, ask forgiveness for each, of the loving Father, in whose perfect image and likeness you spiritually are. Say often to this holy omnipresence, "I do now sacrifice these human limitations unto thee, Oh Father. I am obedient unto the law of my being and I know that in thee I am brave and true, energetic and wise, pure and perfect, strong, rich and courageous. Thou art my almighty resource and I do trust thee utterly." Whether or not the above prescription alone will cure every disease or not is a question, but we believe that a great deal of this prescription or sure remedy is all right and worthy of putting to practice.

—o—

HYPNOTIC HEALING.

Lecture No. One.

The use of hypnotism in healing disease is not new. It has been used for many years for this purpose, but it has only been within the last few years that it has been used to any great extent. For many years this science has been made use of by a few to make fools of men and boys in public exhibitions, but it has only been within late years that its efficacy as an agent in healing disease has come to the knowledge of the general public. Many years ago, the few who understood this science and could hypnotize, were looked upon as persons who were endued with supernatural power, and again there were others who thought it was the work of the devil; and there are some people even now who seem to think hypnotism is the work of the evil one. No other science is so little understood by the masses of people and no other science has ever been so grossly misrepresented as this. Some people misrepresent it from a lack of knowledge, while others, such as physicians deliberately

misrepresent it willfully and knowingly, in order to injure the cause of Natural Healing. But the time is fast approaching when the truth will be known and then woe be to these people who have willfully misrepresented and slandered this science, because when the search-light of truth falls upon their structure of falsehoods and calumny, then there will be a great fall and a great scattering of these prevaricators in their mad rush to get from under. Those who have willfully misrepresented this science and the cause of Natural Healing need not think for one moment that they will escape the just indignation of the people they have so grossly imposed upon and who are now being rapidly educated as to the truth of this science. There are three sciences which are the basis of Natural Healing, viz: Vital Magnetism, Mental Science and Hypnotism. Of these three, we are pleased to place hypnotism as the third in the order of importance However, other authors do not agree with me in this and some of the leading authors place this science first in the order of importance; some even go so far as to state that hypnotism is the foundation itself of the whole structure of Natural Healing; but we do not agree with these authors and while hypnotism is a valuable aid in treating some cases, such as inebriety, bad habits, etc., yet we do not give it the place of importance accorded it by most authors. In fact, in Natural Healing, we could if necessary, dispense with this science altogether and would not suffer serious inconvenience from its loss. Many physicians use hypnotism in their practice, yet they do it in most cases on the sly; they are afraid to let it be known for fear it will injure their business. It is astonishing, the ideas some people have of this science. Now, the truth is, there is no harm whatever in hypnotism; none whatever, and it may be used to advantage in many cases as a therapeutic agent. No one can be hypnotized against their will. The subject must be willing in every case or hypnosis cannot be induced. While under its influence a subject cannot be induced to perform anything that would interfere with his own personal safety or the safety of his friends. We know this to be true, no matter what may be said to the contrary. Then what harm can there be in hypnotism? The word hypnotism means sleep and to induce hypnotism or to hypnotize is simply to induce sleep. Every mother in the land has practiced hypnotism more or less with her children and nearly every body practices hypnotism to a more or less extent, however unconsciously. The word hypnotism, while it means sleep, the state of hypnotism is more properly speaking, a state or condition of the will. There are various ways and means of placing a person in this condition. A person while in this state or condition is called a hypnotic subject. The great benefit of hypnotism in the curing of disease and correction of bad habits is, by placing one in this condition the conscious mind or reasoning mind is thereby rendered quiescent, so that suggestions given to the subject go directly to the sub-conscious mind and are readily received and appropriated without question, reasoning or opposition from

the conscious mind, and thereby become living realities. A command or persuasion given to one while in this condition is called suggestion. When one is hypnotized any command or persuasion given them is called hypnotic suggestion. While one is in this condition any command or persuasion given them, to take effect after coming out, is called post-hypnotic suggestion. This kind of suggestion is used in treating inebriates and in the correction of bad habits. All kinds of commands and persuasions used to impress the psychic life of the subject, may be termed mental control. A suggestion that you give yourself or that you give to your sub-conscious mind is called auto-suggestion. As an illustration of auto-suggestion: "We will suppose that you are going to take a trip on the railroad and you are going on the four o'clock A. M. train; at night just before retiring or going to sleep you impress the fact upon your sub-conscious mind that you must awaken at three thirty A. M., in order to make this particular train and you will awaken at the appointed time. The suggestions you give yourself are much more powerful than any suggestion given by another and this is why hypnotism is an important aid in the treatment of certain diseases or vices; because by the aid of hypnotism the conscious mind is rendered void and suggestions given go directly to the sub-conscious mind, which being without the power of inductive reasoning, readily receives and appropriates whatever command or persuasion is given. The majority of people, and especially the uninformed, think that a person in order to be easily hypnotized must have a weak mind or in other words the general impression is, that hypnotism is the power of a strong mind over the weak. This is a great mistake, because the strongest and brightest minds are the easiest to hypnotize and the prevalent idea that a person in this state or condition can be made to do or say anything that the operator wills has been proven many times to be utterly false. No one can be hypnotized unless they are willing and while in this condition the moral resistance is just as strong as before entering the state. And no one while in this condition will accept and appropriate any command or persuasion that conflicts with their principles or the natural instinct of self-preservation. And the general impression that one in this condition is not responsible for his acts, has been proven time after time and again to be untrue, and one in this condition can break the spell whenever he desires and return to his normal state if he so wills in spite of anything the operator may do to prevent it. And while sleep is the condition, yet the subject is never wholly unconscious, because the sub-conscious mind never sleeps. Persons in poor health, as a usual thing are easy to hynotize, and while in this condition their sub-conscious mind will readily receive and appropriate such suggestions which are to their therapeutic advantage. Sense delusions produced while in this condition are accepted by the sub-conscious mind with the full understanding that they are delusions and produced merely for experiment. A moral person while in this state cannot be induced to commit an immoral act,

and an immoral person while in this state will exhibit the same characteristics as they would in a normal condition, but will not do anything that would imperil his person. We hear of crimes being committed by persons while in this condition, but to the well informed this is no excuse at all; because if it were possible for a crime to be committed through hypnotic suggestion the commission of the crime would be terribly bungled; because the carrying out or commission of a crime through post-hypnotic suggestion would necessarily involve a return to a state of active somnambulism, in which condition inductive reasoning is an impossibility. The subject must be willing in every case and this assent of the subject is necessary to the carrying out of every suggestion. The only injury that could possibly befall a subject would be in the attempt to carry out foolish tests for experimental purposes and a great mistake the subject would make would be in voluntarily offering himself as a subject for such a test. Take the general run of people and there are only a small per cent that can be hypnotized first trial; not more than one out of five can be placed in this condition upon first trial. Everyone acts upon what they believe and this is why anyone can be hypnotized. Where the wills of two persons are blended together, one positive and the other passive, the person of the passive will, will do and say what is commanded by the person with the positive will, and this is another reason why anyone can be hypnotized. Now, in the discussion of this science we shall endeavor to go so far as to teach the science, so far only as it can be used in the curing of disease and the correction of vices and bad habits, because further than this we have no use for hypnotism. We have no time, nor have we the desire to teach this science to the extent and for the purpose of making foolish tests or fools of men or boys in public, to amuse a gaping crowd. And further, we believe the use of hypnotism for this purpose is wrong, because man is made in the image and likeness of God and we should be very careful and never take advantage of the power that God has given us, in making fun or sport of our fellow-man. In the practice of this science and in the giving of suggestions we should be very positive in manner. If you wish your subject to sleep, speak positively, "Go to sleep." And if you desire to arouse him from this condition speak just as positively, "Wake up." You should first secure the undivided attention of one whom you wish to place in this condition; this is very important. In the following lectures we shall only consider the science of hypnotism so far as it relates or can be used to advantage in the healing of disease and the correction of vices or bad habits. Those who desire to become professional hypnotists and desire to use the science for other purposes than herein stated, should take special instruction from a school of hypnotism or a professional hypnotist.

HYPNOTIC HEALING.

Lecture No. Two.

The use of hypnotism as a therapeutic agent has been very much retarded in the past, because of the many misrepresentations made in regard to it by its friends as well as its enemies. Even in this day of education and enlightment, many people seem to be afraid of hypnotism as though it were the work of the devil. Many seem to have a perfect horror of it. And allow me to say that this is not because of any evil that hypnotism has ever done, but because of misrepresentations made by many willfully, and by others because of ignorance. Now it seems to me that every honest and just person should always investigate anything before condemning it. He who would condemn without investigation or trial is not worthy to live in this enlightened age and ought to have lived in the barbarious ages, because he is a disgrace to humanity and an enemy to law and justice, and in fact he is little above the brute. Hypnotism, like all new sciences that have ever been established, will pass through the fiery furnace of public opinion and brave the storm of criticism which it has aroused. But truth is mighty and will prevail and its glorious search-light will penetrate and illuminate the dark caverns of man's superstition and unbelief, thereby revealing latent powers of hitherto unsuspected depths and capabilities lying dormant in the human mind. We should not only investigate any science or thing before we condemn it, but we should become thoroughly acquainted with the facts before we pass judgment. He who whould do otherwise, as before stated, is little above the brute and is unworthy of the name of man, no matter how respectable otherwise he may seem. And in investigating any science we should confine ourselves to facts and not visionary theories. This science is full of mysterious and wonderful phenomena, so much so that it is difficult in some cases to establish facts. Different subjects have, while in this state exhibited apparent contradictions, while many unjust things have been laid at the door of this science. But the time is coming and is not far distant, when this science will be appreciated at its true value as a therapeutic agent, and we believe in the near future it will receive that consideration from the public which it truly deserves. With all the facts and demonstrations of the past, it would be a skeptic indeed that would deny that we

possess these powers, yet we know that many will never be thoroughly satisfied until they have experienced them. Let such persons, for the sake of the truth, lay aside all prejudice and honestly investigate the matter as they would any other science. The phenomena of this science are many and extraordinary in their nature; therefore these things must be seen by many before they will believe; so it is impossible for one man to convince everybody. There are thousands of good people, who have investigated and have been firmly convinced that this science is a fact, yet there are many who disbelieve because they have not had the opportunity to see it demonstrated; but truth is powerful and must prevail sooner or later. Many seem to have a horror of hypnotism but it is because they do not understand it and are prejudiced, ignorant of its nature and willfully blind to its benefits. To become a good hypnotizer requires much patience and perseverance, but to practice this science so far as it relates to the healing of disease, the correction of vices, etc., is not hard to learn, because it does not require that the patient should be put through all the deeper degrees, and while everyone cannot become an expert hypnotist, yet most anyone can learn in a short time so that they may practice Hypnotic Healing with success; and most anyone can be hypnotized to the extent that they will receive and appropriate suggestions given by the operator or healer. As a rule, sick people or those of impaired health, will enter this state or condition more readily than well people, and men and women both enter this state or condition with equal readiness, and so far as the different temperments of people is concerned, there is very little difference as to the readiness with which they will enter this state or their susceptibility to its influence. The condition of the mind of the patient at time of trial, however, has something to do with the readiness with which they will enter this state. The attention of the patient must not be divided or the difficulty will be increased and this is especially true for those who are being hypnotized the first time. Any mental disturbance, bodily pain or suffering is unfavorable to entering this state. Everything should be quiet and if the patient fears to enter this state you should endeavor to remove this fear, if possible, as it will be hard to place him under the influence while this exists. A subject should never eat a hearty meal just before being hypnotized, as a loaded stomach is an impediment to its influence. It is said upon good authority that persons between the ages of fifteen and twenty-five are easier to hypnotize than any other age and we believe this to be true from our past experience. Very old persons are very slow to enter this state, so also are children under seven or eight years old. Nearly every patient requires a different management in placing them under the influence. It is not always that you can hypnotize a patient the first time you try; the fact is, it is very seldom that you can; but if you have been giving the patient magnetic treatments for several days and then try to hypnotize him you will find it is much easier to do than one whom you have not treated. By gazing con-

tinuously at some bright object until the eyes close involuntarily and you drift off into a somnambulistic sleep, you may hypnotize yourself, but no good would come from it as you would just go to sleep and awake without remembering anything you experienced while in the condition. There are various descriptions as to how anyone feels while in the hypnotic state, but no sensations while in this state have ever been described as being disagreeable. Remember, in discussing this science, we only attempt to teach so much of it as is required in the curing of disease and in the correction of vices or bad habits and this is all done while the subject is in the second or sleep degree. After placing the patient in this condition you give them the suggestion that they will leave off the habit, and if you are treating them for the whiskey, morphine or tobacco habits, tell them they will lose their appetite for it; tell them they will not want to use it again and if they do use it, it will make them sick. If the patient really desires to quit the habit and you get him properly under the influence before giving these suggestions, this will greatly assist in affecting a cure. This is somewhat the plan used in hypnotic healing for the cure of inebriety and the correction of vices and bad habits; but for more elaborate directions see "Diseases and their treatment by Magnetic and Natural process."

HYPNOTIC HEALING.

Lecture No. Three.

In continuation of the study of this science, it is well for the student to bear in mind that while hypnotism is one of the three sciences, composing the foundation of Natural Healing; yet this science is the least important of the three. And Mental Science is the most important of the three. All three of these sciences, however, may often be used to great advantage in the same treatment. And while they are three distinct sciences, yet they are in many cases dependent one on the other in the treatment of disease; but we do not assign to hypnotism that degree of importance given it by most authors. It is well for the student to bear in mind that a subject may sometimes be hypnotized by one operator when he could not be hypnotized by another. And a subject or patient, while in this condition, will only obey the operator who placed him in this state, but may be transferred to another operator while under the influence, by the use of suggestion. Very young persons,

young children, very old people, and insane people, are very hard to hypnotize, and in fact it is almost impossible in such cases to produce hypnosis at all; because these persons are not capable of concentrating their minds. There is no doubt but what the hypnotist exercises an influence over the patient, independent of suggestion. While suggestion is very powerful, we do not believe it is the principle factor in producing hypnosis. That the hypnotist or hypnotizer can exercise influence over the patient, independent of suggestion, is proven clearly in the case of very small children or infants where they have very high fevers. The healer may, by placing his right or positive hand on the forehead of the child and his left on the stomach, by exercising strong intention reduce the fever in a few minutes to normal. In this case the patient or subject is too young to understand, accept and appropriate suggestion, but is readily affected by the application and transmission of this Vital Substance from the body of the operator, thus showing beyond any doubt that the hypnotizer exercises an influence over the patient, independent of suggestfon; but there is no question but what better results can be obtained when suggestion and Vital Magnetism are both used. There is a great difference in subjects or patients, as to their susceptibility to this influence; some who are very slow to take suggestion; are very susceptible to the influence of Vital Magnetism. By the laying on of hands, Vital Healing, this Vital Substance, which we call magnetism, is conveyed from the body of the operator to that of the subject or patient. When one is placed in this condition, called sleep, they will do or say whatever the hypnotizer tells them to do or say, and will awaken at the command of the operator. It is best in using hypnotism, for the purpose of healing disease or the correction of bad habits, to use both Vital Magnetism and suggestion together in order to place the subject in this condition. The use of the mind in making an impression or in communicating to the mind of another is a very powerful factor. The whole human race enjoys the pleasure of the society of those for whom they possess a strong affinity. To listen to a great lecture or sermon delivered by a magnetic person, whose voice and delivery fills the soul with pleasure, will make anyone physically stronger. It therefore follows, that if we associate with persons who are congenial to us in presence and conversation, that this will stimulate and strengthen our bodies. There are six different stages or degrees of the hypnotic sleep, according to the latest investigators, but there are very few hypnotizers who can produce all these degrees properly. In fact there are very few who are gifted by nature, so that they can even by careful and long experience produce all these degrees; but most anyone can learn in a short time to produce the second degree or the sleep degree and most anyone is susceptible to the influence of hypnotism to this extent. We shall only attempt to show in this lecture the easiest and simplest manner of producing the first and second degrees, because this is as far as hypnotism can be used to produce the best results in the cure of

disease and the correction of bad habits. The first degree of hypnotism is any little impression that you can make upon the mind of the subject or patient. When you give your patient a suggestion, which is accepted and acted upon, you have produced the first degree. The second degree is hypnotic or induced sleep, and while in this condition the patient will communicate with the healer, but will not communicate with another person, and will not even hear if spoken to by another person unless the healer transfers him to that person. Now the question arises, what is the difference between natural and the hypnotic sleep, and it is this; in natural sleep the subject is in communication with himself, and in the hypnotic sleep or induced sleep he is in communication with the healer or operator who placed him in that condition. In order to hypnotize a patient, have them lie down on their backs or in a comfortable position on a couch or bed, straightened out, being careful not to cross the feet Now stand on one side of your patient, and tell him to close his eyes and to make himself perfectly easy and quiet, and to make himself passive to your influence, that he must resign himself entirely to your care, give himself up completely. Now with both of your hands, begin at his forehead and make the long passes, which is made by pressing the hands down; fingers curved down, palms downward; and bringing them down from the forehead all the way to the feet; do this several times, at the same time exercising strong intention to induce a quiet, sleepy feeling in your patient and with strong intention to produce sleep. After having done this several times, all the while suggesting to your patient sleep and talking to them in a low, soft tone, but very positive; telling them to "go to sleep;" then with both hands make several short passes from the forehead down over the face and chest to a point below the stomach. These passes may be made over light clothing. After making both the long and short passes as above stated, then make the short passes again from the forehead down to a point below the stomach without letting the hands touch the body, keeping the hands close together and a few inches from the body, fingers curved downward, palms downward; continue to make the short passes in this way, all the time suggesting sleep, until deep sleep is produced, in which condition your patient will be ready to receive and appropriate such suggestions as will be to their therapeutic advantage and such suggestions if properly given will take root in the sub-conscious mind. And remember also that in making these passes, as you bring the hands back from down to up, to always close the hands or turn the palm of your hands outward so as not to draw the magnetism back up again; unless you do this in bringing your hands up again you will simply counteract the effect of making the passes downward so that nothing would be accomplished. When the degree of sleep is fully produced, you should always be careful never to give any unpleasant suggestions, such as would frighten or cause pain; but if you should ever do this, you should remove the suggestion before

causing them to awake, by telling them that all is well and that they will awaken feeling all right and much better in every way. We will not describe the manner of placing the subject into the deeper degrees, because as before stated in this work, it is not necessary to place the patient deeper than the second degree in order to get the best results of the use of hypnotism in Natural Healing. There are many things claimed for this science, as to what can be done and as to the power and capabilities of the subject while in the deeper degrees, that is truly wonderful; but as we only use it for the purpose of healing disease and the correction of bad habits, we will not enter into their discussion. As before stated in this work, nearly everyone possesses the power and can with very little practice or trial place a subject or patient as deep as the second degree of hypnotism, and nearly all persons can be hypnotized to this extent. Now it should be remembered that, by the use of hypnotism in Natural Healing we place the conscious mind of man or the reasoning mind into a quiescent condition, so that suggestions, persuasions or commands given to one while in this condition, will go directly to the sub-conscious mind and are thus received, accepted and acted upon without resistance or opposition from the conscious mind. This then, we believe, is the great mission of hypnotism in Natural Healing, and therefore the second degree or sleep degree is as deep as the patient need be placed, in order to get the best results. As before stated in this work, the mind is the most powerful thing in the universe, and a thought sent out from the mind never dies but goes on forever, and this is why that thoughts of health formed in and sent out from a strong mind can affect the the health, life or other conditions of others to whom it is sent and it can and will do this because the thought comes from an unlimited source. Now there is no end to the good that may be derived from hypnotism when used for this purpose, and its benefits do not stop here; it is a close ally of Vital Magnetism and Mental Science, and without the aid of these two sciences, it would be worth little to mankind. Now we have endeavored in this and the preceding lectures to show the proper use of hypnotism in Natural Healing, and as an aid to Vital Magnetism and Mental Science in the cure of diseases and correction of vices and bad habits, and under "Diseases and their treatment by magnetic and natural process" we will show further how and when it should be used.

GENERAL REVIEW.

Lecture No. Ten.

In the preceding lectures we have endeavored to show in the simplest language, the use of Vital Magnetism, Mental Science and hypnotism in Natural Healing. We shall endeavor in this lecture to review or sum up the main points of the preceding lectures and will endeavor to show how closely these three sciences are connected in Natural Healing. In treating by Mental Science or suggestion, you should first, secure the undivided attention of your patient; unless you can do this and get him to concentrate his mind, the treatment will be a failure. Having secured the undivided attention of your patient, you should, with full confidence in your ability, exercise complete control over yourself. As stated in this work previously, you must concentrate your mind wholly upon your work; so much so that you will become dead to all the world around. And remember that success also depends in a measure on your ability to gain the confidence of your patient. You should act in a calm, dignified and respectful manner, that your patient may know by your bearing and actions that you have full confidence in yourself, and that you both know and appreciate your ability and power to do what you undertake. Do not understand by this, that you are to act in a conceited, overbearing, know-it-all fashion, but in a pleasant, self-possessed and impressive manner. You should never fly off of the handle and become angry because anyone expresses doubt as to your method or ability, and under the most trying circumstances you should never lose your temper, especially while treating a patient. We know the provocations will often be great, but you should thoroughly master yourself under all circumstances, and having done this you will become master of the undertaking. When you have thoroughly mastered the contents of this book, your sense of power will become impressed upon you and upon those you meet, without any effort upon your part. If you follow the rules laid down in this book you will have very little trouble in hypnotizing a patient, especially if they are at all susceptible to the influence, but sometimes you may find it difficult to awake them when you desire. In order to avoid this trouble, always secure an agreement with your patient before putting them under the influence to awake or come back out of the state at your

request. But if you should fail to do this, and should have trouble in causing them to awake at your command, do not become excited or frightened, keep cool and self-possessed, for there is no danger whatever; just leave them alone and they will sleep it out, and awake of their own accord, feeling much better for their sound and refreshing sleep. Young operators or healers sometimes place the subject so deeply under hypnotic influence that they lose control over them to the extent that the patient will not obey or carry out their suggestions. Then the young inexperienced operator as a rule becomes excited so that he cannot control himself or fails to do so and as a usual thing forgets what he ought to do and tries to awaken the patient by force. Now this is all wrong. You should never try to force a patient, to take any kind of suggestion, and if you do he will very often awaken feeling angry and dissatisfied with both you and your treatment; and in other cases it may result worse; under these circumstances, persons of a highly strung organization have been known to go into convulsions with serious consequences. But this seldom happens and then it is because of an inexperienced incompetent healer. When you desire to bring your patient out of the state and he fails or refuses to come out at your command, all you have to do is to keep your self-possession and talk to him just like he were fully awake, and if he persists and refuses to come out, just let him alone and let him sleep it out which he will always do and awaken of his own accord. In the treatment of inebriates, bad habits, etc., unless the patient earnestly desires to be cured, and is willing to do all in his power to assist you, the treatment will be a failure. And when you place him under the influence and give him the suggestion that he cannot use it again, and that if he does it will make him sick, that he will lose his appetite for it, etc., and get him to accept these suggestions; yet he may overcome this by auto-suggestion that he will use it and that it will not make him sick. In order to succeed in curing these habits the patient must be thoroughly under the influence, so that the conscious mind will be incapable of opposition. Persons afflicted with these habits, who do not earnestly desire to be cured and have no backbone, at least not enough to make an effort for themselves, to comply with the law of cure, will blame the healer nearly every time if they are not cured, when the fact is, it is their own fault. But in treating these kind of cases we should not be easily discouraged, especially with those who are afflicted with the liquor and drug habit, because the will-power of these unfortunates becomes so weakened through the long use of these drugs, that it is hard for them to help themselves, even when they earnestly desire to do so. So in treating these cases, general treatments should be given at least once or twice a day and strong, healthy, wholesome suggestions given to them, such as will build up the whole system, mentally as well as physically. They should not be treated with disrespect or as if they were outcasts, but they should be shown that there is good in them, and taught to respect themselves by due regard to this inner

self, their true manhood and womanhood. The better nature of these people should be appealed to in every case, and they should be taught and convinced that if they will comply with the law of cure, that they may yet be restored to their former condition and to their place among respectable people. By pursuing this course many have been redeemed that otherwise would have given up in despair. Remember that in Vital Healing you should make yourself very positive, because if you take on a passive condition, there may be danger of contracting the disease of the patient. And remember this Vital Power within you, if you do not possess it in abundance by nature, you can by cultivation improve what you have to a high degree of merit. This Substance within this Vital Power escapes from our bodies all the time, consciously or unconsciously, and by the power of the will may be directed or controlled as we desire. This Magnetic Power or influence is a characteristic of all the great orators. In making gestures, they send it from the hands and in speaking from the breath, and they even send it with the eyes. This power is sometimes exercised unconsciously, but with the same force, and all great orators are indebted to this power in a great measure for their success. Now this power can be felt plainly by the people in an audience, whether exercised consciously or unconsciously by the speaker, and if this is true of which there can be no doubt, is there any reason why this power, when cultivated and directed by the will into the proper channels is not unlimited in its force and power? Some people say there is no such thing as magnetism, but claim that everything is suggestion; but if this is true, what is it we feel so plainly when our clasped hands form a circuit as in plate No. 2? Those who claim that everything is suggestion fail to tell us what this substance or feeling is. It certainly is something and Vital Magnetism we believe is the correct name for it. In the study of Mental Science we learn that a thought is a thing, a substance of great power, and that thoughts can be communicated from the mind of one person to another; we also learn that disease may be healed by the transmission of healthy, wholesome thoughts to the sub-conscious mind of the patient. We also learn that thought sent out in this way like sound waves meets with no resistance, and that no obstacle will prevent its reaching its destination. We believe this to be true and therefore a thought must be composed of magnetic atoms, moving in a vibratory manner, and this is why thought has healing power. Suggestion may be either given by the power of the mind or they may be spoken, but in either case must be thought before they can be given. Magnetism is life, all life, and when this substance is partially withdrawn from the body partial paralysis is the result and if it be wholly withdrawn from the body then the result is total paralysis or death. Thought therefore possesses magnetism or life or it would not have the power to heal. Now in treating patients there is no one rule that will hold good for all. Different people are differently constituted and therefore require different management; but the healer should study and

store in his mind every good and useful aid in this work and should become a student and judge of human nature so that he can better manage his patients and apply the treatment needed. You should never undertake to treat a patient when you are tired or exhausted. A treatment while in this condition would accomplish very little if anything, and while in this condition, which is truly a negative condition, you would be liable to contract the disease of the patient, because of the loss of mental and nervous force greatly lessening your power to control others. If called upon to treat a patient while in this condition it is always better to postpone the treatment until you recuperate your powers. If you would succeed in the profession of a Natural Healer you must give all of your time and attention to the work. Of course you may learn this business sufficiently to treat yourself or your family successfully, if you have one, because you very quickly and by reason of long acquaintance become familiar with their diseases or ailments and their personal peculiarities; but if you would make a profession of Natural Healing, you should give up all other business and devote yourself to this work alone, and you will find you have enough to engage all your time, energy and force. And once choosing this as a profession you should endeavor to build up your health and increase your Magnetic Power, if you would reach the top of the profession, and you can do so if you but make up your mind, and try hard enough. We are sometimes asked if this profession will not soon be overdone, we answer no; there is plenty of room at the top of the ladder. In every profession or trade the lower ranks are always overdone, but at the top there is always room. But remember if you would make this your life work, you must make up your mind to work hard and labor diligently as long as you live, and remember, by the study, knowledge and practice of Natural Healing you may add many years to your life, and by its practice as a profession, you may not only add many years to the lives of others, but you may save the lives of others in thousands of cases and may become a true benefactor of the human race. You should remember in giving treatments that success does not depend wholly on your physical efforts, but greatly upon your mental exertion. Silent are all the great forces of nature in their operation and progress and so should you with a calm trust in the aid of the great higher power, have confidence in your ability, strong faith, self-confidence, self-reliance and a steady concentration of the will-power for the result desired and success will surely crown your efforts.

Important Questions and Answers

Lecture No. Eleven.

VITAL HEALING.

What is it? It is the transmission of an electric substance generated in the human body from one person to another. How transmitted? Through the nervous system. From what source derived? The stomach. From what other source? The lungs, the acids and alkalies of the animal organism. How generated in the stomach? By the process of digestion. What portion of the body is the reservoir of this magnetic force? The ash colored matter of the brain. How does it reach the brain? Through the blood and nerves. Why does this substance possess more curative power than mineral electricity? Because as generated in the body it is also so modified as to be ready for instant use and so as to be readily taken up by the body. How is this substance distributed through the body? By the brain. If any organ of the body receives too much or too little of this substance what is the result? Disease. If this substance is completely withdrawn from the body what is the result? Death. If partially withdrawn from any part of the body what is the result? Partial paralysis. If completely withdrawn from any limb or member of the body what is the result? Complete paralysis. What is the result if withdrawn from the motor nerves only? Loss of motion. What is the result if withdrawn from the nerves of sensation only? Sensation is lost, but the power of motion remains. What is the effect if the liver lacks this substance? A torpid or bilious condition. What if the liver receives too much? Nervous congestion and inflamation. Is it very often that any organ of the body receives too much of this substance? No. Is it very often that any organ or portion of the body lacks this substance? Yes. When any organ of the body lacks this substance what is the result? Disease. How is disease cured by use of this substance? By resupplying the missing substance. If this substance is withdrawn from the nerves of special sense what is the result? Loss of hearing, seeing, tasting and smelling. If the stomach lacks this substance what is the result? Nervous dyspepsia. If the stomach is given too much of this substance what is the result? Derangement of the digestive organs and a voracious appetite. Why do you always take hold of the hands of the patient and throw the current through the body before beginning treatment as in plate No. 2? To establish communication

between yourself and patient. In the cure of disease, by the use of this Vital Substance, how many plexuses of nerves are used? Four. Name them? Cervical, Brachial, Lumbar and Sacral, see plate No. 1. What organs of the body are treated from the Cervical Plexus? Stomach, heart, liver and lungs. For what diseases do we use the Brachial Plexus? Diseases of the arms and hands. For what diseases do we use Lumbar Plexus? Diseases of the upper bowels. For what diseases of the body do we use the Sacral Plexus? Diseases of the lower bowels, the bladder, lower limbs and male and female generative organs. How would you reduce a fever by the application of this substance? Send the current through the patient by taking both hands as in plate No. 2 to equalize the circulation, then make the long passes from head to feet, both in front and behind.

MENTAL HEALING.

What is it? It is the use of the mind in healing disease. What is the only production of the mind? Thought. What is thought? A thing, a substance of great power. Why does thought heal disease? Because it is a force and when directed by the will it goes where it is sent to perform its mission. In building up the human body, what are the three principal factors? Desire, thought and will. How is thought transferred to the various parts of the body? Through the nerves. What is the usual cause of failure in life? Lack of self-confidence and strength of mind. How is every noble principle and intellectual faculty of man made strong? By the study of the mind. Do people usually control their thoughts, or do their thoughts control them? They are controlled by their thoughts. Is man a magnet? Yes. What are his positive and negative poles? His positive pole is thought and his negative pole is the body. What is the most powerful factor in man? Thought. Why? Because it is the most positive. What is man's next most powerful factor? The brain. Why is brain the next most powerful factor in man? Because thought is generated by it. How many minds has man? Two. What is the conscious mind of man? His reasoning mind. What is his sub-conscious mind? That portion of the mind which remembers, retains and records all our thoughts and experiences. Why should pure and wholesome thoughts be given to the sub-conscious mind? So that it may grow and expand. What is the great power that builds and strengthens our bodies? Educated thought. In what way would you treat yourself by this power of the mind? By the concentration of thought upon the spiritual perfection of yourself. Why concentrate your thoughts upon the inner forces? To so impress these thoughts upon the sub-conscious mind until they become a living reality. How would you treat another by the power of the mind? By using your will-power to transfer your healing thoughts into the sub-conscious mind mind of the patient. What is the foundation of all healing power? Knowledge and self-confidence.

HYPNOTIC HEALING.

What is it? It is the use of hypnotism in healing disease, by which the conscious mind is rendered quiescent, so that suggestions to the therapeutic advantage of the patient are accepted and appropriated by the sub-conscious mind. How is a person placed in this condition? By the exercise of the will of another. What does hypnotism mean? Sleep. What per cent of persons can be hypnotized? Twenty. What does hypnosis mean? The state or condition of one under the influence of hypnotism. While in this condition what is a person called? A hypnotic subject. What is a hypnotist? One who is capable of producing this condition in another. What is suggestion? Commands or persuasions given to another. What is post-hypnotic suggestion? Commands or persuasions given to one while in this condition to take effect or to be obeyed after coming out of this state. What is simple suggestion? Command or persuasions given to one not under the influence of hypnotism. What does mental control mean? All forms of commands or other means of impressing the mind of another. What does auto-suggestion mean? A command or persuasion given to ones self. Why is it that a person can be hypnotized? Because people act upon what they believe. Another reason? Where the wills of two persons are blended together, one positive and the other passive; the passive will, will do and say what the positive will suggests. What is the result of trial? Proof of the truth or falacy of a proposition. What is the most important point in hypnotism? Positiveness. You should be positive in your assertions. When you tell your patient to wake up be just as positive as when you tell them to go to sleep. What is the first step in hypnotizing? Secure the whole attention of the patient. In regard to the susceptibility of people, does sex or temperament make any difference? No. At what age are people the easiest to hypnotize? Between 15 and 25 years of age. How many degrees of the hypnotic sleep are there? Six. What is the first? Any little effect produced upon the mind of the patient. What is the second degree? Induced sleep. Why has suggestion power to heal disease? Because the mind is the only unlimited source accessible to man that can be drawn upon. Are persons under the influence of hypnotism responsible for their acts? Yes. In the hypnotic state is the moral resistance as strong as in the normal state? Yes. Will one in this condition accept and act upon a command that conflicts with his moral principles or that would endanger his person? No. Can hypnotism be produced if the subject is not willing? No. Can one in this condition break the spell and return to his normal state at any time if he desires it? Yes. Is a person unconscious always in the hypnotic sleep? No. While the conscious mind is usually asleep in this condition the sub-conscious mind never sleeps. What commands or suggestions most readily take effect on the sub-conscious mind? Suggestions to the therapeu-

tic welfare of the patient. Can a moral person while in this condition be induced to perform an immoral act? No. Will an immoral person while in this condition exhibit the same characteristics as in the normal condition? Yes, but will not do anything that would endanger his person. What kind of suggestion is the most powerful, suggestions you give yourself, or suggestions given you by another? The suggestions you give yourself are the most powerful. Can any harm result from hypnotism? None except what might befall a subject in attempting to carry out foolish tests.

———o———

THE WATER CURE.

NATURE'S GREAT REMEDY.

Lecture No. Twelve.

(Explanation of Plate No. 3.)

Figure 1 is the gullet or passage by which food and drink enter the stomach. 2, is the opening of the gullet into the upper part of the stomach. 3, is the stomach laid open, showing the surface of the inside, or digestive membrane. 4, is the outlet of the stomach into the upper part of the small intestine, called the duodenum. This section is about ten inches long in a grown person. 5, is the gall bladder, with small tube emptying its contents into the middle of the duodenum. The three sixes represent the small intestines, passing from the duodenum down spirally and terminating at 15, the caecum, where connection is made with the colon. 7, is the large lower part of the colon, located below the right kidney and just above the right groin. 8, is a small worm shaped tube, attached to and being the lower end of the colon. This is a very peculiar organ and seems to be an unnecessary appendage, as it seems to be of no use to the human structure, but sometimes is the cause of death, on account of a fruit seed or some other hard substance dropping down into it and becoming wedged; and when this happens inflammation sets up and unless it can be removed, which is sometimes done by a surgical operation, amputating this seemingly useless tube, death will result. Therefore, we should always remember that there is danger in swallowing fruit seeds or other hard substances, but we are glad to state that this trouble can be quickly relieved and the seed stone or other hard substance removed from this tube by natural methods, which will be shown further along in

PLATE NO. 3.

Alimentary and Intestinal Canal.

this work. Many persons have died under the surgeon's knife, while having this tube amputated for this trouble 9, shows the colon ascending up close by the right kidney. 10, shows the transversed arch of the colon, which crosses the abdomen from the right side of a person to the left, and immediately below the stomach. 11, shows the colon descending from immediately below the left side of the stomach and to the great bend of the intestinal canal. 12, shows the great and complicated bend of the colon. This complicated bend is the fortification and seat of constipation, and in fact nearly every disease to which humanity is heir, has its foundation or origin in this part of the colon. 13, shows the rectum or lower part of the colon extending from 12 or the great and complicated bend of the colon downward to the anus. 14, is the anus or end of the colon or final outlet of the intestinal canal. Now this tube is about 30 feet long in the average grown person, counting from number one to 14 and the colon of a grown person from 7 to 14 is about 5 feet long; of course this varies in different people and its diameter also varies, but in the average grown person it is capable of containing a gallon of contents when fully extended or flushed. 15, is the ileo caecal valve; this valve is so arranged as to allow the contents of the small intestines a free passage into the colon at 7, but is so arranged as to prevent their return. Plate No. 3, with the explanation given, is designed to give the student a general conception of the vital structure of man and such as will be of great service to him in the study of this work, diagnosing disease and in the practice of Natural Healing. The view given in plate No. 3 is such as would be seen while standing in front of a mirror if the front portion of the human body, and other viscera of the internal structure were removed.

———o———

Water as a Remedy for Disease.

Lecture No. Thirteen.

In connection with human life and health, water is the next most important thing to the air we breathe, and when properly applied or used it is one of nature's greatest remedies for all kinds of diseases. Thousands have been cured of all kinds of diseases, both in Europe and America, by the proper use of water. In many cases persons have been cured by the use of water alone, after having tried drugs for years in vain. The law of Moses, as to purification, was simply the application of water. We are told that next to godliness is cleanliness and this only can be had by the use of water. Take a grown person weighing 150 pounds and at least 100 pounds is water. Our food is dissolved and carried through

the body by water, and through the pores of the skin, lungs, kidneys and bowels water carries out the waste matter from the body. It has been found by experiment that a person can live nine or ten days without water or food, but there have been cases where persons have lived 40 days on water alone. Now the efficacy of water, as a cure for disease, has been tested in thousands of cases and has never failed when used properly. By the use of water you purify and invigorate and when this is done, properly assisted by sufficient exercise, proper diet and abundance of fresh air, health is assured.

———o———

Flushing the Colon and its Benefits.

There are many diseases and in fact nearly every disease can be cured by flushing the colon every other day with large quantities of warm water. Usually a grown person can take by injection, from one to four quarts of warm water into the colon at one time; the water should never be hot enough to burn, but just good and warm. To flush the colon a fountain syringe should be used, one that will hold from one-half to a gallon of water. No other kind of syringe should be used under any circumstances, because there is danger of pumping air up into the colon with bad results. Persons who are badly constipated when they first begin to flush the colon cannot take very much water at first, but they should take all they can and hold it as long as they can; then discharge and take another injection right away, and this should be repeated until the colon is thoroughly cleansed. In flushing the colon for the cure of disease the quantity of water taken can and should be increased every time until nearly a gallon in a grown person can be taken at one time. In flushing the colon, persons who are badly constipated, sometimes experience pain in taking the water, but this is because of the clogged up condition of the colon at 12; see plate No. 3, but they should persist until they can take nearly a gallon at one time without pain. Of course the quantity of water that can be taken into the colon varies with different persons, age and size having something to do with the quantity that can be used. Flushing the colon every other day with warm water will cure constipation, cholera, choleramorbus, indigestion, biliousness, cramp colic, diarrhoea, dyspepsia, liver and kidney troubles, and it is a great aid in the treatment of piles, hernia, heart trouble, and many other diseases too numerous to mention. The millions of pores of the skin will be called into immediate action by wrapping a wet sheet around the body and in proof of this, the sheet will be filled with impurities from the body. Scarlet fever, measles and small pox have all been treated and cured by hot baths, and it has been said by eminent authorities that stone gravel, cancer and many other malignant diseases can be cured by drinking pure water and the

observance of a pure diet. The drinking of hot water is a good kidney medicine and by sponging the body with tepid water, fever may be reduced. We believe in the use of plenty of water, pure water to drink and plenty of water externally, internally and eternally. Some impurity is taken away by every drop of water that enters or touches the body. Cold water is a good aid in reducing fever and by an injection of warm water the bowels may be made to move quickly. The hot bath is good and one of the quickest ways to sweat a patient. Cloths wet in cold water or ice applied to the chest will stop hemorrhage of the lungs. The hot bath and the drinking of hot water is one of the best stimulants. A cold bath is one of the best and quickest remedies for convulsions, cramps and other spasmodic diseases. In the treatment of constipation, dyspepsia and other stomach troubles, to drink a teacup full of hot water a half hour before each meal is a great help. The hot sitz bath, or the application of hot and cold water, will greatly aid in relieving pain. Cloths wet in cold water and applied to bruises and lacerations is good. Palpitation of the heart is quickly relieved by the application of a cloth wet with cold water. Vomiting may be relieved by wetting a cloth in cold water and placing it under the chin. Sore throat is relieved and cured by wetting a cloth in cold water and applying it over the throat at night before retiring. Pain in the lungs is quickly relieved by wetting a cloth in hot water and applying between the shoulders and another cloth wet in cold water over the lungs in front; the cloths should be re-wet every few minutes. Water may be used to great advantage in the treatment of nearly every disease, together with such helps as diet, rest, exercise, magnetic treatment, fresh air, cold and hot baths, etc. For further instructions, as to the use of water as a remedy for disease, see "Diseases and their treatment by Magnetic and Natural Process."

Flushing the Colon and its Benefits.

(*Continued.*)

Lecture No. Fourteen.

Plate No. 3 represents the entire alimentary or intestinal canal from the entrance of food into the stomach to the final exit of the excrementitious residue after the nutrient portions have been extracted and absorbed into the system. This illustration of the intestinal apparatus, with a full description of the same, is given to assist the reader in understanding the explanation of the treatment as we advance, and its necessary relations to health and longevity. With this end in view the plate should be well studied. And first it may be laid down as a truism, nearly self-evident on its face, that most diseases which afflict humanity come from the impurities that enter into the vital circulation from what we eat and drink, thereby finding their way into every part of the tissues of the human organism. These impurities may come directly from the food and drink thus taken into the system when they are deleterious, or indirectly from the fermented and decayed residuum even of the most wholesome food which is retained in some portion of the intestinal canal and then absorbed into the circulation after it should have been discharged from the system. Most of human ills, resulting in early physical decay or premature old age, originate from this latter cause, namely, the absorption into the circulation of excrementitious impurities from the intestines, which interfere with the normal effects of nutrient assimilation, and which furnish gradually and imperceptibly the nuclei of diseases and the seeds of decay, ending in premature dissolution. These disease-bearing germs of putridity are taken into the circulation from all portions of the intestines, but especially are they absorbed from the colon, and thus they easily find their way alike to every portion of the organic structure where the vital fluids circulate. But should any particular portion be deranged or weakened by strain or over-work, so as to form a nucleus of physiological sympathy for such foreign and poisonous ingredients, that part, will respond with the greater alacrity and receive the greater concentration of such deleterious particles, and, through affinity for such diseased matter, will grow under its accumulation into the definite form of disease which the nucleus indicates and excites in that particular organ. Thus, for example, the lungs may

be weakened by over-exertion and successive colds, or may naturally be defective from heredity, furnishing a sympathetic soil for the lodgement of these disease-bearing germs absorbed from the contents of the bowels and carried constantly through this already infected organ. In this way the tendency to accumulation of the diseased condition grows with its growth and strengthened with its strength; whereas, if the blood were free from such impurities, no such accumulation could occur. These impurities, when absorbed into the circulation, thus finding the lungs for instance, a congenial camping-ground, so to speak, rush past other organs found to be in less sympathy, and unload their poisonous influence where the diseased soil is already in cultivation. Medicines may partially and temporarily neutralize these seeds of irritation, and thus by diversion of the enemy toward other parts may for a time put off the evil day; but drugs of whatever kind or character can not touch the cause and continual instigation of the trouble, but rather must leave the organ in a more sensitive condition than before. With all the medicine that may be taken into the human system, so long as this absorption of the disease-bearing germs continues from the intestines, the blood will supply the lungs with this congenial food for consumption more rapidly than any system of drug-medication can divert or counteract it. Plainly and rationally then, as it must strike every thinking person, if some simple, effectual, and perfectly harmless means could be discovered by which to prevent or put a stop to this excessive absorption into the circulation of disease-bearing germs, so that their lodgment would be prevented by the natural eliminating and excretive process of the physical organism, nature would act in the direction of health rather than disease, the lungs would at once become master of the situation, and the tendency to disease-sympathy and disease-accumulation would cease. This is what the flushing of the colon will do. The same rationale, as to the beginning and accumulation of disease in any other organ, applies with equal force. Let a start be made in the kidneys by strain, excess, or undue indulgence in wines, liquors, etc., and instantly the circulating fluids of the body begin to unload their impurities and disease-bearing germs in this congenial soil, and by their pernicious affinity attract similar germs as the vital fluid rushes by loaded with death, till soon the foundation of diabetes or Bright's disease is hopelessly established. No conceivable cure, which complies with natural law and physiological logic, can touch such cases successfully, save that which will remove its cause, namely, a complete cessation or stoppage of the excessive absorption into the circulation of diseased and putrescent matter from the contents of the intestinal canal. I speak of excessive absorption advisedly. The entire prevention of such absorption of putrid matter into the vital circulation is probably not possible, nor is it absolutely essential to excellent results of alimentation as relate to perfect health and maximum longevity. The natural process of the assimilation of nutriment and of the elimination of waste and worn

out tissue, as well as of the repulsion of deleterious matter carried and deposited by the circulation, will take care of itself infallibly if it is only given a fair chance to act; and this fair chance consists in not allowing the circulation, by leaving putridity unnecessarily in its path, to be so excessively loaded with impurities as to deposit them among the organic tissues faster than the normal eliminating and excreting process can disentangle and send them adrift to be hurried from the body. In a word, normal nature will do her work infallibly correct, if she is not interfered with by abnormal conditions. As proof that nature will do her work effectually, when not excessively taxed, we have only to note her efforts in her three other outlets for the elimination and excretion of impurities from the circulation, in addition to the intestinal means of escape, namely, the kidneys, the pores of the skin, and the breath. When excretiou is defective through the chief channel of the body, the colon, for keeping the organism pure and healthy, notice how soon the urine is unduly loaded with offensive and poisonous excretions in the effort of nature to find the next best means of eliminating the waste and deleterious refuse of the organization. Next, the pores of the skin are brought into requisition by our faithful friend, nature, to help forward this work and assist the kidneys; and last, but by no means least, our incessant respiration is always at work, night and day, in this effectual process of aiding in the elimination and excretion of effete and poisonous matter from the system. Not only the carbonic acid exhaled from the lungs at every breath, but the vapory fluid thus expired at the same time, is loaded with deadly poison to the system if it should be retained even for a single hour. The distinguished Prof. Browne-Sequard, of Paris, a few years ago proved the truth of what I have been stating by condensing these exhalations of vapor from the lungs of a person of average health, and after concentration he has demonstrated their poisonous character on different animals,—a single drop injected under the skin of a rabbit producing immediate death. This poison, as well as the poisonous matter with which the perspiration and the urine are charged, is excreted solely from the circulating vital fluids of the organism which those fluids absorb from only one possible source, namely, the effete and putrid contents of the intestinal canal,—especially the colon,—unduly detained long after they should have been expelled from the body. In our present civilized mode of living, such undue deposition of poisonous substances absorbed from the intestinal canal can, as I conceive, only be prevented in one way, and that method forms the basis of this lecture, viz: The flushing of the colon. And in the treatment of myself and many others I have used this method thousand of times, with results upon health so conclusive as to leave no shadow of doubt as to the priceless value of this method of treatment.

Flushing the Colon.

Suggestions of Great Importance.

(Continued.

Lecture No. Fifteen.

Unlike drug medication of whatever description, the process of flushing the colon can produce only a good effect upon the general system, whether the great bend of the colon is clogged up or not. If cleanliness, produced by bathing the body, is beneficial to health and conducive to longevity, by assisting to ward off disease, how much more beneficial must be the cleansing of the interior of the organism, and thereby purifying the blood, in which all disease, as a rule, originates! As certain as that the washing of the accumulated dirt from one's face, hands, feet and body never of itself produces injurious effects, so certain may the healer rely upon this flushing treatment of the interior structure as impossible to produce any harm to the most delicate and fragile constitution. This can not be said of drugs taken into the stomach, of whatever kind that are strong enough to produce a sensible pathalogical or therapeutical effect as a treatment for disease, whatever good they may do as a choice of two evils. The hygienic treatment herein set forth not only does effective execution in counteracting disease, by removing its cause,—impurities in the circulation, picked up by absorption from the contents of the intestines,—but what is equally beneficial to humanity in general, it will, if practiced by those in perfect health, permanently and surely guard and protect them against the incipient formation of diseased conditions in any part of the vital structure. As prevention is always better than cure, I most earnestly recommend this flushing treatment of the colon, to persons in the most exuberant health, at least every third night before retiring, in order to keep pure and uncontaminated the circulation of the system, even if no sign of disease shall be discernible in any organ of the body. In this way a sound constitution may retain youthful vigor almost indefinitely. Among the wonderful effects of this treatment in the cure of human ills, the kidneys and the urinary organs come in for no ordinary share of its advantageous effects. I do not believe that there is any form of kidney disease, especially in its earlier stages, that would not in a single day yield to this treatment if thoroughly put into operation; and I very much doubt

if Bright's disease, even when abandoned by the average medical practitioner as incurable and fatal, would not succumb to this flushing and rinsing-out process as I have carried it out and applied it to the kidneys in my own case hundreds of times. I speak very cautiously and advisedly here, because I know whereof I speak, and I am sure from the examination of medical works and from inquiries of the most extensively read physicians concerning the functional peculiarities of the kidneys, that this treatment must in the very nature of the case involve curative effects upon Bright's disease and diabetes never dreamt of by one who fallaciously hopes to effect a cure by means of drug medication. This I will endeavor to make plain. Exposed as I have been to colds many times during my life, I have often had my kidneys assailed, also from over exertion, and very suddenly, too, so that I would scarcely be able to walk. Just then had I been forced to call a physician to treat me with drugs in the usual way, I feel positive I would gradually have settled into an incurable case of Bright's disease, and in a short time thereafter have been laid in the old family graveyard. But instead of this sorrowful denouement, my life-preserver—my friendly syringe which cost me but $1.00, and which I always keep handy—was called into requisition. After charging the colon with at least three quarts of warm water and expelling the same with the contents of that viscus, I would add another enema of about a quart and then go to bed, there to hold it against all its efforts to break away, till finally all such peristaltic action of the colon would cease, and I would fall asleep. The result would infallibly be that before morning that quart of water with the normal additional quantity excreted from the organism, would find its way through these threatened organs, and with it carry away in its passage every vestige of ache, pain and soreness in those organs. Scores of times, when thus attacked, I have had the satisfaction of getting up the next morning as well as I ever was in my life, thinking, with sadness of heart, of the great number of people writhing under the very same kind of attacks, and for the want of the knowledge of this incomparable remedy were perhaps at that very moment staring in the face months of suffering, and finally, a torturing death. Will the regular medical practitioner, who resorts to drugs for all such critical attacks, tell me how that quart of water found its way in a few hours through that intestine, with no outlets or inlets that can be detected under the most powerful lenses known to optical science? Plainly and positively, as a demonstrated physiological fact, that quart of water did find its way quite readily, not only through the walls of that apparently impervious membrane, but by a circulatory system of almost infinitesimal conduits, entirely distinct from the blood vessels, as I maintain, must have made its way into and through the very tissues of the kidneys, in order to accomplish its cleansing and healing process. I speak of a circulatory system, distinct from the venal and arterial systems; for why put nature to the absurd trouble, if I may be allowed thus to express myself, of

not only forcing this quart of water through the poreless membrane of the intestine, but also forcing it into the venal and arterial vessels through their equally poreless walls, and then, after allowing it to travel a few inches, forcing it out again through the same impervious walls, in order to reach the outlet from the kidneys. Besides all this, the present theory involves the totally unnecessary work of mixing this quart of water with the blood of the entire circulation, and then again of its mechanical separation from the blood before it can be discharged into the kidneys, all for the want of another and distinct circulatory system for such purpose, that eye hath not seen, and that hath not entered into the conceptions of anatomists and physiologists, simply because they have not been able to detect it under their microscopes. But this incidental digression is out of place and was not intended here. I am treating of sublime and stubborn facts that admit of no argument, and that involve the life or death of thousands upon thousands of suffering humanity, whose troubles can easily be eradicated if they are only willing to abet nature, and not provoke her by the empirical administration of ineffectual and outrageous drugs. What I have here stated concerning the forcing of a quart of water into the colon, and from it through the kidneys in the course of a few hours, without the slightest pain, in order to rinse out and cleanse those vital organs of all disease-bearing germs and sedementary impurities has not become, at least to a few, a patent fact, and which any student of this work can verify for himself or herself as soon as the colon shall be educated a little for such practical work. And I will from this single fact deduce the positive proof of the truth of what has previously been written in this work about the possible absorption into the circulation of the germs of disease from the effete contents of the intestinal canal.

NOW READ AND PONDER.

If a quart of water will find its way through the walls of the colon into the circulation of the body in four or five hours, who will dare to question the truth of the fundamental position here assumed that putridity in its liquid form, filling more than twenty feet of the lower intestines, carried about for days, and slept with for nights, will not be absorbed more or less continually into the vital circulation, and to some extent to mingle with the blood, and thus to deposit the germs of disease in all parts of the organism, there to foster the seeds of decay, that will grow into senility, ripen into premature old age, and finally fall as grainless sheaves under the sickle of death? I now assert positively from my own experience for many years, and from the physiological reasons here given, that with this flushing treatment of the colon and this after treatment with a smaller quantity of water for rinsing out the kidneys through absorption as described, every form of kidney trouble known to pathological science, including Bright's disease, diabetes, lumbago, etc., with the concomitant troubles of

the urinary organs, would at once be wiped from human experience and from medical practice, and only be recorded in future books and publications as diseases that once existed in a variety of fatal forms, but which have become entirely extinct and unknown in consequence of the simple treatment of flushing the colon and rinsing out the kidneys. Not only are these diseases of the kidneys easily cured, and more easily prevented on their earliest incipiency, by the treatment here described, but many directly resultant or analogous forms of disease, such as gravel, piles, hemoroids, gout and inflammatory rheumatism would never be allowed to get a foothold in any human being, could an early and effective application of this double process of washing out both colon and kidneys be made. No one disputes but that gravel originates in the collection of sedimentary deposits in the kidneys, from the impurities there lodging and collecting from the circulating fluids of the body. And with a moment's reflection on the part of a trained medical student, it must be evident that if the kidneys can periodically be rinsed out by a natural flushing of water absorbed through the colon (not the abnormal drainage of the system which takes place in diabetes), their tissues would be kept clean and healthy and no incipient dregs would be allowed to settle there to form the nuclei of mineral deposits which are the invariable precursers of that most horrible of all diseases—stone in the bladder. With the healthful and normal action of the kidneys, aided by an occasional flushing and rinsing of the same as here described, all troubles of the urinary organs, such as inflammation of the bladder and urethra would be things of the past; while female weaknesses in all their forms, which have their general origin in the same sources of impurities in the circulation, would no longer require the indelicate interference of specialists to mitigate, and the consequent shock of sensitive nerves to be endured. With the colon periodically flushed and cleansed, and the impurities from the diseased condition of the kidneys and their excretions kept from contaminating the adjacent parts of the body, piles as well as rectal fistula, would be ruled out of the list of human ailments, as their causes would forever be removed. But for the excrementitious impurities thus finding their way into the circulating vital fluids of the body, and then picked up continually by the assimilating processes of the organism, and incorporated with its tissues, it is plain that gout, rheumatism, erysipelas, asthma, catarrh, neuralgia, bronchitis, pleurisy, diphtheria, pneumonia, and all liver, heart and kidney troubles, with malaria and fevers of every kind, could never effect a permanent lodgement in the system as definite forms of disease; and if, from our own temporary neglect in using this cleansing treatment, any one of these forms of disease should chance to get a start, its eradication from the system would easily and immediately result by a vigorous and heroic resort to the syringe and nature's great remedy—water. Under a strict observance of this treatment, the natural economy of our organization stands ready to defy dysentery, cholera-morbus, or any disease of

the bowels, such as so-called summer complaints, even challenging them to get a start, if they can, in our intestinal canal. All such forms of disease, as it must now be manifest, originate in the overcharging of the circulating fluids of the body with deleterious and poisonous substances picked up, as so often reiterated, by absorption, chiefly from the colon. When these fluids thus become surcharged with disease-bearing germs, and have so acted upon the gastric juice at the seat of digestion as to force it also into the service of the destroying army, they combine not only to send their poisonous influences down the duodenum and along the small intestine, but they pour their acrid and cutting currents through a million invisible pores and channels of the mucous membrane of the entire intestinal canal, converting its normal and healthy secretions into semi-poisonous acid, thereby dissolving the intestinal contents into a burning stream of almost liquid lava, which oftentimes scalds away portions of the membrane itself, cutting and severing along its course the tiny blood vessels which centre therein, etc., etc. This, dear reader, is summer complaint; and in a more virulent form dysentery; in a still more aggravated form, cholera-morbus and bloody flux; but in its worst form it is Asiatic cholera. To prevent all these forms of disease, we must exclude the germs of poison and seeds of decay, which are their cause, rigidly from the circulation, by keeping the colon cleansed, and thus delivering from temptation the useful absorbents of the body, by keeping putridity as much as possible out of their way. To cure such forms of disease, when they have taken possession of the organism, and after they have commenced their dangerous work of abnormally flushing the intestinal canal with vitiated and metamorphosed vital fluids of the body, we have only to fight liquid with liquid, as the prairie farmers of the west fight fire with fire, by filling the colon with a gallon of warm water if possible, and thus at once ridding the intestinal canal of its already vitiated contents, thereby stopping the sympathetic action which excites the drain of the vital fluids through the intestinal mucous membrane. I have seen a virulent attack of dysentery, even when people were dying of that disease in the neighborhood under drug treatment, cured in half a day, under my own direction, by injecting nearly a gallon of warm water into the colon, and by the patient's holding it for several minutes before expelling it. And I have also known of a case of inflammatory rheumatism treated in the same way (the water being very warm), where the person was absolutely helpless, but who was made sound and well in a single day; thus showing that the treatment is applicable as a cure to the most widely separated forms of disease (their causes being the same), just as its regular use will alike prevent every form of disease which originates from the impurities absorbed into and carried by the circulation. But among the most numerous advantages in any specific class of diseases, where this treatment is destined completely to supplant drug-medication, may be named fevers of every description, such as bilious, typhoid, intermittent

and malarial chills. I have seen this remedy applied in the case of the severest attacks of bilious fever, when the patient was partially delirious, with skin livid and burning, with lips parched and tongue heavily coated; and I have seen the fever broken and the patient convalescent in a moist perspiration, and substantially cured in a single day, except the physical weakness resulting from the vital disturbance he had passed through. I have no time now to discuss the rationale of the flushing process in remedial effects upon diseases of this kind, but merely record the facts as I know them to have occurred under my own observation. The same is also true of malarial chills. I defy anyone to be shaken by the ague with a gallon of warm water permeating the colon, percolating through its myriad absorbents, and coursing the organic tissues through as many infinitesimal channels. And I believe firmly that yellow fever, in its worst stages, thus treated with successive flushings of the colon would break its hold on the poor victim, even after the doctors had given him up to die. It is my firm belief that no man in the regular practice of this treatment upon himself, as I have used it for many years, can be liable to impregnation from the germs of any contagious disease, small-pox and cholera not excepted. I firmly believe that I could sleep with a small-pox or yellow fever patient, during the worst stages of those diseases, without the slightest danger of contracting the disease. Because such abnormal diseases almost always get their start and prevail most where the masses of their subjects are in the least cleanly condition, vitally and physically, from both personal habits and general surroundings. Hence, a person abnormally free from the germs of putridity and decay, both in his tissues and in his circulation, if thrown into such contact, would be exempt, because he could have nothing in sympathy with such contagious bacteria, the element of affinity being absent. This absence of affinity, or want of sympathy, in the organism for contagious germs can be the only assignable reason why some persons fall victims while others are exempt, even when all alike and repeatedly have been exposed to the disease. Before closing this lecture we beg to subjoin an article that appeared a few years ago in a leading medical journal by an able physician and a leading medical writer, and which is a complete endorsement of "The flushing of the colon." Remember this is not what we say, but this is the statement of an eminent M. D. This article as it appeared is as follows;

FLUSHING THE COLON.

Flushing the colon is a very simple and a very effective remedy. The muscular coats of the intestines are circular and longitudinal. In the large intestine the longitudinal fibres are proportionately longer than in the small intestine. Their greater length permits the formation of loculi, which becomes the seat of fecal accumulations only too often unnoticed by the physician. It is undoubtedly a fact that the loculi of the colon contains small fecal accumulations

extending over weeks, months, or even years. Their presence produces symptoms varying all the way from a little catarrhal irritation up to the most diverse, and in some instances, serious reflex disturbances. When the loculi only are filled, the main channel of the colon is undisturbed. Occasionally a loculus will become greatly enlarged and filled with feces, reaching even to the size of a fœtal head, being mistaken for an ovarian tumor, or a malignant growth of some abdominal organ. The most common part of the colon to become enlarged is the sigmoid flexure and the cæcum. Accumulations can occur in any part of the colon. The ascending colon is much more often filled in life than the books would lead us to believe; indeed, it may be said that chronic accumulations are oftener to be found in the ascending, than the descending colon, which is also contrary to the assertions of the authors. When the accumulations are large, the increased weight of the colon tends to displace it; then the transverse colon may descend even into the pelvis. The colon may be filled in an adult so as to present a circumference of fifteen inches. These accumulations vary in density; they may be so hard as to resist the knife, and thus be mistaken for gall stones. The mass may be so enormous as to press upon any organ located in the abdomen, interfering with its functions; thus we may have pressure on the liver that arrests the flow of bile; or, upon the urinary organs crippling their functions. Reported cases of accumulations almost surpass human credulity. Enough has been gathered from the colon and the rectum to fill a common sized pail. Of course, such enormous amounts occur only exceptionally; it is not to these that attention is particularly drawn in this paper, because where they are so excessive, any physician can detect them by palpation. It is to the minor accumulations particularly that I wish to draw attention, the accumulations that we see in the majority of patients who visit our offices. Such patients assure us that the bowels move daily, but the color of their complexion, the condition of their tongue, and, above all, the color of the feces, are enough to assure us that they are the victims of costiveness. Daily movements of the bowels are no sort of a sign that the colon is not impacted; in fact, the worst cases of costiveness that we ever see, are those in which daily movements of the bowels occur. The diagnosis of fecal accumulations is facilitated by inquiring as to the color of the daily discharges. A black or a very dark green color almost always indicates that the feces are ancient. Prompt discharge of food refuse is indicated by more or less yellow color. It would be interesting to inquire why fresh feces are yellow and ancient feces are dark. Absorption of the feces from the colon leads to a great many different symptoms; amongst others, anæmia, with its results sallow or yellow complexion, with its chloasmic spots, furred tongue, foul breath, and muddy sclerotics. Such patients have digestive fermentations to torment them, resulting in flatulent distention which encroaches on the cavity of the chest, which in excessive cases, may cause short and rapid breath-

ing, irregular heart action, disturbed circulation in the brain, with vertigo and headache. An over-distended cæcum, or sigmoid flexure, from pressure, may produce dropsy, numbness or cramps in the right or left lower extremity. A physical examination that will determine this impaction is simplicity itself. By placing the patient on the back, with the knees well drawn up, the physician can place one hand on the abdomen, below the tenth or eleventh cartilege, with the fingers of the other hand in the posterior hypochondriac region. The ascending or descending colon can easily be pressed forward against the hand in front of the abdomen. The hand in front should be kept firm and immovable. A little practice will enable one to very readily distinguish these accumulations. Conjoined manipulation only enables one to decide the incontestible presence of impaction of the colon. Percussion sounds may be so obfuscated by adventitious circumstances as to render them valueless. Conjoined manipulation can be very quickly practiced, and is the most satisfactory method of examination. Its only uncertainty of detecting accumulations is in very obese patients. In them a flushing will dispel doubts.

———o———

Flushing the Colon.

Important Instructions and Suggestions.

(Continued.

Lecture No. Sixteen.

In flushing the colon for the cure of most diseases, the water should be fully as warm as is comfortable to the hand when placed in it. If it is uncomfortably warm to the hand when placed in it, it is too hot. It should not be hot enough to burn or scald. After flushing the colon, before discharging, moderate exercise and a vigorous kneading and manipulation of the abdomen with the hands is good. Few people realize the great danger arising from a constipated condition of the bowels, which is caused by this clogged up condition of the colon at the great bend, and which is the direct cause of nearly every disease to which humanity is heir. The colon in this condition is somewhat like an old stove pipe, which has become filled with soot, and in this condition this putrid matter is absorbed into the blood, and the pores of the skin and the kidneys thereby become charged with a duty that is too great. The pores

of the skin being thus overburdened with the duty of carrying off this putrid matter from the body causes such skin diseases as exema and others. The majority of people think when they have a daily movement of the bowels, however small, they are free from constipation, and in many cases these very persons have it in its worst form. The colon being encrusted on all sides with impacted excrement, sometimes of months standing, with only a small channel in the center for the daily discharge which oozes through the illeo caecal valve. Persons have been disected who have died of constipation or other disease caused by it, and the colon was found to be impacted with feces or putrid matter, the accumulation of months and almost as hard as rock, hence the great benefit of flushing the colon. This method of treatment is as old as the hills, but old as it is through the mistatements of the doctors as to its efficacy, it is not generally understood and far less practiced. Most doctors will tell you it is all right, but there is great danger of forming a habit of flushing the colon so that the bowels will not move without it, but this is all nonsense. I have been using it myself for many years, both with myself and family and in the practice of Natural Healing with hundreds of other patients all over the United States and Canada, and I would not part with my knowledge of this method of treatment and its benefits for any amount of money just for my own use; so we heartily recommend to the student of Natural Healing a study of plate No. 3, with its explanation and the use of this method of treatment in connection with Vital and Mental Healing in all cases. The magnetic or natural healer, who is ignorant of the benefits of flushing the colon, is lacking in education. If some people could view with their naked eye the enormous quantity of putrid matter that they are constantly carrying unnecessarily about with them in the lower 20 feet of the intestinal canal, and from which they receive no nutriment or substance whatever, they would be almost driven to loathe themselves and would wonder how they ever lived a single day filled with such a frightful mass of putridity. It was thought an impossibility by the doctors many years ago to inject more than a pint of water into the rectum, and such a thing as forcing water above the great bend of the colon, was never thought of; but in the last few years it has been found both practicable and advisable to inject as much as a gallon of water into the colon at a time, and the doctors all know of and use this method of treatment to a certain extent; but if they would tell the people the truth about what they know about it they would lose their business and the demand for pills would rapidly decrease and hence they don't dare tell the people all the truth about it. While the doctors use this method, yet if they are asked about it, in their answer they give the idea that in using it, that there is great danger of getting the habit so that the bowels will not move without it. We know by our own experience in the past that there is no danger of this whatever, but if it were true, I for one, would not go back to the old natural involuntary dribling, jump and run,

snap judgment process of evacuation in lieu of stated flushings and general cleansing of the colon. So far as forming the habit is concerned, a person might just as well say that they would not wash their face when dirty, for fear they would get into the habit and would have to wash it every day in order to keep it clean. I myself never have a call or slightest demand for a movement until I begin to feel an oppressed and bloated feeling in the lower abdomen, whether it be one, two or three days, as business necessities, engagements or circumstances require and then I am ready and do not wait for nature's call, but immediately prepare to deliberately wash and cleanse the inside just as I would take a bath at stated periods, to wash the outside of the body. I have used this method of treatment on myself and others for many years, but for my own use alone I would not part with the knowledge of its efficacy for any amount of money, in fact I am just as certain as I am living that I would have been dead long, long ago had it not been for flushing the colon. Very often people who adopt this method of treatment and thoroughly cleanse the colon by flushing, because they do not have any movement of the bowels the next day thereafter, become alarmed and think that all natural action has ceased, and because of this lack of movement the next day, give up the treatment. This is where they make a great mistake, because when the colon is thoroughly cleaned as it should be, according to nature, it will require at least two days, and if people did not eat more than they ought to, it would require even three or four days to fill again, so as to cause a natural action; consequently no one need be alarmed if they do not have any movement of the bowels the next day after having thoroughly cleansed the colon. Most people eat too much; it is not what they eat, so much as the quantity, for as a rule in health the stomach should have what it craves, and even in sickness, in most cases the patient should have what the stomach craves. But it is this gormandizing this forever eating and stuffing that is injurious, yet if you will regularly and thoroughly flush and cleanse the colon, you can eat most anything you want and as much as you want without danger, and by doing this you will add many years to your life. We know there are people who will say this method is contrary to nature and is therefore wrong, but they might just as well say that cathartics were also contrary to nature for the same reason. God gave man an intellect as an aid, by which he could discover wherein nature has failed to supply his wants and to supply the defficiency, and involving as it does the maintainance of good health and the lengthening out of the span of life; this process of flushing the colon is without doubt one of the greatest discoveries ever made by man. As to who is the discoverer and entitled to the honor of having first discovered the benefits of flushing the colon is uncertain, as this method has been practiced to a more or less extent for many years. We know that several have claimed within the last 50 years to be the discoverers of this method, but we think the claims have never been substantiated.

It has been stated that the Ibis and Egyptian snipe, whose food was of a very constipating character gathered along the edge of the Nile, was observed by early naturalists to suck up the water from the river, and with its long bill to inject it into its anus to aid a movement of its bowels, and it has been stated that the actions of this bird was what first suggested it to man. As to the truth of this statement we are unable to vouch, but we do know from our own experience of the great efficacy of this method of treatment. When the colon is thoroughly flushed or filled with water, in discharging, it will not only thoroughly cleanse the colon in the great bend at 12, see plate 3; but as it passes out it will by suction draw the contents out of the smaller intestines, three sixes at 15, thus emptying the smaller intestines and relieving the pressure of the lower abdomen.

—o—

General Instructions

and Important Points to be Remembered.

Lecture No. Seventeen.

Before beginning treatment, always bring the patient into communication, see plate No. 2, and directions on page 13. In the treatment of all diseases, always flush the colon and for this purpose a fountain syringe should be used, one that will hold one-half to a gallon of water. The water should be just as warm as you can hold your hand in without any uncomfortable feeling. A good way in flushing the colon is to have the patient lying down on back, and if the rectum is a little higher than the head it will be all the better. After the patient has taken all the water that he can take, then he should hold it as long as he can and roll and toss about on the bed, also manipulate the abdomen and lower bowels with your hands, lifting them and pressing in the end of your fingers, beginning at 7, see plate 3; and with your fingers press in, lift and work the bowels all you can from 7, following the colon around past 12, the great bend; also with your fingers press in and out and manipulate the smaller intestines from right to left, backwards and forwards from the stomach down to the lower part of the abdomen. In all cases patient should hold the water as long as they can without pain, then discharge slowly, and then take another injection. Always two injections should be taken at one flushing and sometimes three is better. The first injection, when the colon is filled

with water in its passage out, causes a suction which draws the contents out of the smaller intestines at 15, then another injection should be taken to wash this from the colon. At all times, patient should take all the water that he can possibly take, and the amount that is taken can and should be increased until nearly or quite a gallon can be taken at one time. Remember that flushing the colon is very beneficial, even to one in health, and this method of treatment should precede Mental and Vital Healing in nearly all cases. Of course the bowels and liver may be made to move by Vital Healing and Mental Healing, but when this is preceded by flushing of the colon it makes the treatment that much more effective and better. In bad cases of constipation, and where the patient first begins to flush the colon, it may be necessary to flush the colon every day and sometimes twice a day until the colon is thoroughly cleansed; then every other day is often enough, unless in cases of fever where it may be advisable to use it oftener. In relieving pain by Vital Healing always heat your hands very hot by rubbing the palms briskly together, then letting them drop to your side for a second to allow them to fill with blood, by repeating this you can get them very hot, and while hot place the right or positive hand on the seat of pain and the left on the other side of body or limb, press the hands down tightly and with strong intention to transmit the healing power from your right hand and to relieve the pain. In Vital and Mental Healing one treatment a day is usually sufficient, but sometimes two may be necessary owing to the severity of the case and the disease. Acute cases may need even three treatments a day, but in chronic cases one treatment a day is usually sufficient. From ten to twenty minutes is long enough to give treatment generally, but of course complicated cases and persons afflicted with a complication of diseases, may require even an hour or longer to give a thorough treatment by Mental and Vital Healing for all their troubles. Remember that different patients have different natures and constitutions and therefore require different management, and you should therefore study to become a good judge of human nature. The student should become thoroughly familiar with plate No. 1, and the location of the principal plexuses of the human body, so that in treating disease by Vital Healing they will always know, according to the location of the trouble just where to place the right or positive hand and also the left. The student should also become familiar with plate No. 2 and also plate No. 3 should be thoroughly studied, and the student should become thoroughly familiar with this plate and the explanation pertaining thereto, together with all the lectures touching on the flushing of the colon.

How to Diagnose Disease.

You will find in this work the names of a great many diseases, to which humanity is subject, together with their symptoms and treatment; but in a great many cases you will have to use your

judgment in this matter, remembering that nearly all diseases originate in the clogged up condition of the colon, in which case it is easy to prescribe. The first thing to do is to thoroughly cleanse this main sewer, and to continue these flushings, and this aided by your treatment by Mental and Vital Healing will quickly restore to health, no matter what the disease is.

What to do When you Don't Know What to do.

Whenever you are called on to treat a case and you are not certain just what to do or even what the trouble is, relieve the pain, if any, by Vital Healing, then flush the colon with warm or hot water; this will benefit the stomach, liver, kidneys, bowels, nerves and every organ of the body. Second. A hot sponge bath is good in all cases. Third. Give a general treatment, and let the patient go without eating for twenty-four hours, but let them drink all the water they want, unless it is inclined to make them vomit. Fourth. Cold cloths should be applied to the head and a hot iron to the feet. Fifth. Ventilate the house thoroughly, let the window down from the top to let the foul air escape, raise another from the bottom to let plenty of pure air in; plenty of pure air is a great help in all cases. Sixth. In cases of fever reduce by Vital Healing, see "diseases and their treatment;" also sponge with cold water over the back, chest and abdomen. In a bad case of fever, sponge with cold water all the way down the spine, and wrap in a cold, wet sheet for 30 minutes. Seventh. Let the diet of the patient be light, such as gruel, toast or fruit is preferable. Tobacco, whiskey, tea and coffee and all strong drink, as well as meat, pastries and fried food, should not be taken. Eighth. No drugs of any kind should be taken. Don't forget this; drugs and medicines and this treatment don't go together. Ninth. For all troubles of the throat apply a cold, wet cloth. The foregoing rules are good and will cure most cases if nothing else was done. Remember the most prominent physicians will tell you after they quit practicing medicine and have no further interest in drugs, that nine out of ten would get well if they never did anything, and the majority of these retired doctors will tell you that nine out of ten would be far better off if they never took any drugs at all. Now the object of this book is to furnish such instructions, that if carried out will assist nature and prevent, as well as cure every disease to which humanity is heir, unless it would be such diseases as cancer or consumption in their last stages, and in such cases where the patient is so far gone that there is no vitality left or at least not enough on which to build a cure.

How to Attract the Attention of a Person in a Large Audience.

Fasten your eyes on the face and eyes of the person for a few minutes, concentrate your mind on them, this will cause them to

look at you; then you must think and thoroughly concentrate your mind on them and what you want them to do. In fact you must become so absorbed that you will almost become a part of them. And if you want them to do anything, you must command them in your mind. If this is carried out correctly you can cause a person in a large audience to arise and do your biding.

How to Control Persons at a Distance.

Go to your room or some quiet place at a stated hour every day, and by the power of your mind bring the person's face before you so that with your mental vision you can see them plainly, concentrate your mind thoroughly on the person for ten or fifteen minutes, then command them mentally to do what you want them to do. There is no doubt of the efficacy of this when properly done; but of course, much depends upon how you do it and upon your power of concentration. You can by following this out influence persons to do things even against their will. This is more properly a species of telepathy, about which so little is known, but we do know by experience, that there is such a thing as the communication between the minds of people, and that one person can influence another by the power of the mind, and with the little instructions here given most anyone can practice the influencing of persons at a distance to their own satisfaction. There are works written on telepathy, but the fact is after much writing there is not much to it, of practical utility; the fact is this thing of telepathy is a new science, about which we as yet know very little.

How to Magnetize Water and Other Articles.

Lecture No. Eighteen.

To magnetize water fill a tumbler, fruit jar or other glass vessel nearly full of water, set it on the palm of your left hand, then place all the fingers and thumb of your right or positive hand in the mouth of the glass tumbler or jar so that the fingers will be dipped into the water, see plate No. 4. Exercise a strong intention of charging the water by sending the magnetism from your right or positive hand into it. You should always have in mind, at the time of magnetizing the water, the purpose for which you are magnetizing it. In other words, you should magnetize it for the purpose of curing a certain disease, or for whatever you are going to use it. For instance, your patient has the sore eyes and you want to use the magnetized water for treating the eyes, you should magnetize it for the purpose of taking the soreness out of his eye and curing it. If your patient is vomiting and you wish to stop it, magnetize the water for this purpose, and if you wish to make them vomit, send the current in the same manner, but change your intention. The water will act in accordance with the intention you exercise in magnetizing it. Magnetized water is very beneficial in treating many diseases, such as the stomach, liver, kidneys, bladder, etc., and it is also useful in treating the whiskey, morphine and tobacco habits. In all such cases the patient should drink a wine glass full of it about every two to four hours for the purpose and to have the effect desired and for which you magnetized it. It is also excellent as an eye wash for sore eyes and in removing tumors, boils, etc. To magnetize cloths, paper and other articles, hold the article to be magnetized lightly between the hands, not touching the hands together, but so that both hands will touch the cloth or article to be magnetized, then send the current from positive to negative hand. This causes the article to be magnetized if you have used or exercised the proper intention. Such articles may be given to or sent to patients at a distance, to be placed over the painful or diseased part, for the purpose of relieving pain and curing disease. Such articles may be sent by mail, but should be sealed, marked personal and handled only by the healer and the patient.

Bathing and Diet.

Lecture No. Nineteen.

Much has been written in regard to diet, but there is no rule that is applicable to all. People are differently constituted, and a food or diet that would be wholesome for one person might be poison for another, so there is no rule that will apply to all. A good and general rule, is to eat whatever your stomach craves, so it does not have a bad effect on you. If you find a certain kind of food, for which you have a craving does not agree with you, then you must abandon it, otherwise eat what you want; however in moderate quantities. Don't eat too much because you are fond of a certain dish. In spite of all that has been written by eminent healers and M. D's., in regard to this subject, we are forced to believe from our own experience and the experience of others that this rule is correct; viz: Eat what you want in moderate quantities, if it does not disagree with you, keep it up, no matter what the doctors say; we know this is right.

Bathing.

The skin of the human body is composed of three thicknesses or three layers from one-eighth to one-fourth of an inch thick. It is one of the most important, absorbing and excretory organs of the body, as a square inch of the skin contains about 3500 little sweating tubes, each of which is somewhat like a little drain pipe one-eighth of an inch long, and the total length of all these little sweat tubes in the human skin is equal to a tile ditch about 20 miles long for draining the body. It can therefore be readily seen that it is very important or necessary to keep these little drain pipes open by frequent bathing, so that the impurities of the body may be thrown off through these channels which nature has provided for that purpose. A good time to bathe is just on arising in the morning or just before retiring at night, in fact morning or night is the best time to bathe; but if inconvenient to bathe at these times then bathe at ten in the morning or three in the evening, whichever suits best. Persons afflicted with chronic diseases should always take active exercise after a bath, if they are strong enough. Walking is a good exercise. It is a good idea also to take moderate exercise before bathing. Bathing should be done quickly and the patient should rub himself down good and hard always if he is able to do so. In acute diseases no exercise should be taken. Persons who

PLATE NO. 4.

Magnetizing Water.

are subject to head troubles should always wet the head and face before taking a full bath. It is well for the body to be warm when a bath is taken, and if sweating, that is no objection provided the breathing is undisturbed and the body is not exhausted. The temperature of the water should be suited to the situation of the patient. It is well to remember that all kinds of baths are beneficial; a drop of water never touches the person that it does not take away some filth. But care should be taken in taking baths as to the temperature of the room, the temperature of the water and the temperature of the patient. A person should never bathe while in an exhausted condition and a person while hot and prespiring should never bathe in water much colder than their temperature. And the room in which a bath is taken should be something near the temperature of the water in which the bath is taken. Never bathe just after eating, and never eat a meal just after taking a bath. It is always well to wet the head first before taking a full bath. The vapor bath is a good thing in treating rheumatism, skin diseases, fevers and colds and a cheap vapor bath can be had at your home or anywhere with very little trouble. Where you cannot obtain a regular vapor bath one can be made very easily and with little expense as follows:

How to Make a Vapor Bath.

Take two small lamps with burners, wicks, etc., and fill them with wood alcohol, place them under a common chair, a split bottom chair or cane bottom is better, then let the patient sit down in the chair, light the lamps, place them under the chair and then wrap a blanket around the patient, fastening it close up around the neck and so it will touch the floor all around the chair so as to confine the vapor. You can sweat the patient in this way in ten or fifteen minutes as much as you like. Care should be taken that the room is warm when the patient leaves the chair so that they will not take cold. After going through a sweat in this way, the patient should be rubbed down or sponged off and rubbed down vigorously. While taking a vapor bath, if it should produce faintness or effect the head of the patient, you should bathe the face and head with cold water or wet a towel in cold water and lay on the head. The patient should be given plenty of cold water to drink while sweating. This bath is good for rheumatism, stiff joints, colds, chills, malaria, torpid liver, kidneys or skin, syphilis, dropsy, skin diseases, jaundice and all diseases in which the system is filled with filth or poisons. Twice a week is as often as it should be used.

Salt Bath.

Is a very helpful and invigorating bath. To take a good salt bath you should put a half pound of salt to each gallon of water, and where a person is inclined to be feverish, a little baking soda thrown into the water is very refreshing and invigorating.

Common Air Baths.

Expose the naked body to fresh air and with the hands rub the body well. This does very well as a substitute for water bath. Many impurities and old dead skin can be removed by it. While taking this bath you should walk to and fro in your room. This bath should be taken just after arising in the morning and before breakfast. It has been said by prominent physicians that this air bath and plain living alone would cure almost every disease. In taking the air bath three minutes is enough at first, but this should be gradually increased to fifteen minutes.

Sponge Bath

Should be taken daily and is good for everyone, and especially when sick, should be taken daily; a half gallon of water is sufficient, if no more can be had. With wet towel or sponge rub the whole body vigorously, then rub dry and hard. If patient is in bed the healer should bathe one arm, then rub it dry and hard, then another arm and rub dry, then the chest, back and each leg, sponging and drying one member at a time, keeping the whole body covered and warm except that part that is being bathed. The principle use of this bath is for cleanliness, to reduce fever and to promote health.

Wet Sheet Pack.

This bath is given by wrapping a wet sheet around the body. Spread several quilts or comforts on the bed, then spread a dry sheet on top of these. Now roll the dry sheet up from each side to the middle, then fold it twice and dip in water, then wring out not too dry and unfold it on the middle of the bed, leaving it still rolled up from each side, this keeps it hot. Now the rolls should be spread apart a little and the patient laid between them and the sheet quickly wrapped around him, each leg being wrapped separately, then cover him quickly with the bed clothes from each side. The patient should remain in this pack for 30 to 50 minutes, wrapped tightly with the bed clothes all over and up around the neck, so as to shut out all air and a hot iron should be kept to his feet. If the bath is given to reduce inflammation or cool a high fever, use a thin covering and dip sheet in cold water, otherwise use hot water. This bath will not only reduce fever, but will soothe the nervous system, assist in controlling spasms and remove poisons from the system. This bath will greatly assist in producing sleep. I have known persons, who had not and could not sleep for several days, after taking this bath would be sound asleep in ten minutes. I have also noticed many times after giving this bath and removing the patient from the pack that the sheet would stink with impurities which had been removed from the body. This bath is good and can be used to great advantage in all cases where the body is full of poison and filth, but it is not best where the patient

is too feeble. In using this bath to cool or reduce fever the sheet should be removed before the temperature gets quite to normal. In case this is not done a chill may follow. After the wet sheet pack, a sponge bath should always be given. The famous Dr. T. L. Nichols has been quoted as saying that this bath would cure all curable diseases.

Half Pack Baths.

This is given the same as the wet sheet pack except the arms and legs are not included in the wet sheet. It is good to be used for the feeble in lung fevers and other chest troubles.

The Sitz Bath.

Use a common wash tub, place a brick under one side of the tub to raise that side, place the patient in the tub sitting down with the feet outside, enough water to cover hips and lower part of abdomen. If the water is hot 15 to 25 minutes is long enough and if the water is cold 2 to 5 minutes is long enough. A blanket should be pinned around the neck of the patient from behind and around the neck and also in front so that the blanket will cover the tub and shut out all air. More hot water should be added to the tub every five minutes in taking a hot sitz bath so that the water will be kept as hot as the patient can bear. The hot sitz is good to relieve pain, to sweat the patient for torpid liver and kidneys, and is excellent for many female diseases. The cold sitz is excellent for piles and other rectal diseases, inflammation of the urinary organs and to stop hemorrhage from the vagina.

Steam Bath.

This is given just like the vapor bath, except you place under the chair a bucket or pan holding a gallon of water, and then put red hot bricks or stones in the water to make the steam rise. This may be used for the same purposes as the vapor bath.

Arm or Leg Bath.

This is a bath in which the arms or legs are immersed in cold water from 20 to 50 minutes and is used in the treatment of ulcers and swellings, of the gout, rheumatism and synovitis.

Abdominal Wrappers.

This is a species of bath that is given by wetting a towel and placing it around the abdomen at night just before retiring, and leaving it there all night, or it may be worn all the day also. It is excellent in the treatment of female diseases, liver, kidney, bladder and bowel troubles.

Ventilation and Exercise.

Lecture No. Twenty.

In order for the sick to get well, and for the healthy to remain healthy, the windows of the bed room and sitting room should be kept open all the time, night and day, throughout the entire year and through all kinds of weather. Don't be afraid of the night air, it will not hurt you; but the foul, poisonous air will. Both lungs of a grown up person will weigh about 42 ounces. The right lung is about two ounces heavier than the left, and these two lungs contain about one gallon of air at their usual degree of inflation. The ordinary person will breathe in an hour about 1080 times, and in a day will inhale 600 gallons of air. You can therefore readily see the great advantage and importance of breathing pure air. A long time ago when our forefathers lived in log cabins, with large fire-places, there was not much need of ventilation, because the houses often being so open that you could throw a cat through almost any direction, and these large fire-places drew out the impure air, so their ventilation was almost perfect. At that time the system of ventilation was undoubtedly good. Of course in such houses there was an enormous waste of fuel to keep warm; but the ventilation was excellent. But when the people began to build better houses and stoves came into fashion there was less chance of the foul air getting out and also less chance for pure air to get in, so the foul air was breathed over and over again. Where stoves are used the room should be so arranged as to have fresh air coming in all the time and a place for the foul air to get out at the top. The foul air naturally arises and there should therefore be a window down at the top to let the foul air out in one part of the room and the window should be raised slightly at the bottom in another part of the room to let the pure air in. This gives a good and pure circulation, but shonld be so arranged that there will be no draft upon persons either sitting or sleeping in the room. Hot air registers used in heating make ventilation easy. The hot air coming through the floor rises to the upper part of the room, and, by having a window down slightly from the top, you can have your ventilation in the lower part so that the air in the room will keep changing all the time. Rooms heated by steam as a rule are unhealthy. Such rooms when heated in this way should have some arrangement made especially to ventilate the house; but the heat from steam is usually insufficient to permit the windows being open. It has been stated by good authority that at least one-third of the people in

every community are more or less diseased. Now we believe this is a small estimate. We believe that at least one-half of the people are diseased more or less in some way. Anyone can readily see how easily disease may be contracted, by being in rooms that are poorly ventilated, whether crowded or not. Everyone is all the time exhaling from the lungs waste matter, and these vapors from a diseased person naturally partake of the nature of the disease. If a better system of ventilation were maintained, the people would be healthier and life would surely be prolonged. We should be just as careful about the air we breathe as the kind of water we drink, and bed-rooms and the rooms of sick people should be especially well ventilated, even if it takes a great deal more fuel to keep the room warm. A vessel or bucket of water placed in a room of a sick person will absorb bad odors and impure gasses, and for this reason drinking water should not be left in a sick room very long before it is drank, and water that has been all night in a bed-room should not be drank the next morning. It is a good idea, in treating the sick, to have the patient, if possible, in a room that is exposed to the south, so that plenty of sunshine may be admitted. The Natural Healer should, in all cases, look after the surroundings of the patient.

Exercise.

Is a very important thing in connection with health. The sick in recuperating should always exercise in accordance with their returning strength, but should not take enough exercise at any time to become thoroughly fatigued; but there are some diseases, such as nervous complaints, that require rest rather than exercise. Persons in good health should have at least two hours exercise every day in order to maintain health. Exercise is a great aid in the treatment and cure of disease. Most any kind of exercise is good; for a man, sawing wood with a buck saw is as good an exercise as can be taken; it brings all the muscles of the body into action. Walking is also a splendid exercise and should be indulged to a large extent by all.

Advice to Beginners.
Success in Life.
Self-Protection.

Lecture No. Twenty-One.

Having decided to become a healer, you should make up your mind to be a successful one, and to climb to the top of the ladder, and first you will need to prepare yourself with a thorough knowledge of the human body and its diseases, which you will learn in a large measure from a thorough study of this work, and especially plate No. 3 and its explanations. While the human body is a very complicated structure, yet it is very simple and easy to understand, by a study of plate No. 3. It is so simple that a person of even ordinary intelligence can readily understand how it is that disease gets a foothold in the system and its origin. Having thoroughly mastered the contents of this work, his next step will be to put the knowledge thus gained to practice and first on himself, if he needs it, or his family, if he has one, and they need it, for the healer must remember that charity should begin at home, and a healer should be a very healthy man and his family also should manifest in their outward appearance and health, his skill as a healer. And if he will only adopt and follow out the teachings of this work he will manifest the benefits of his knowledge and skill in the outward appearance of his own body, and his family will also show forth in their appearance the effects of his skill as a healer. They will show it in their clear, healthy, ruddy complexions and robust constitutions. If the healer is a very healthy man or woman and has no family, or if he or she has a family that is in perfect health, the next step is to go to some of his neighbors who are sick or afflicted, and there are always plenty of them, plenty of old chronic cases that have tried the doctors in vain for relief and have been given up as hopeless. To these he should offer his services, pull off his coat, roll up his sleeves, go to work and cure them. Say nothing about pay till you have done the work and established a reputation, then they will come to you. After you have one or two of these old chronic cases to your credit, they will flock to your office and you can't keep them away; then you can establish your prices for treatment and set up in regular business. When you have effected one or two wonderful cures, go to your home paper and publish the

testimonials of these people, giving your name and business address, also hours of business. Publish your cures; don't be afraid to advertise, remember the old saying, "He that would rise must advertise." You have got to use printer's ink in this business; if you don't toot your own horn no one else will toot it for you. Of course when you effect a remarkable cure it will be talked all over the neighborhood and you will in this way gain notoriety. If you want to give absent treatments, then you must have some blanks printed like the samples given further on in this work, under the heading "absent treatment," and then when you cure anyone by absent treatment advertise their testimonials. Remember you have got to crawl before you can walk, so you must be patient and not expect to do it all in a day. It took God six days to make the world, and you must not expect to do it all in a day. You must not be discouraged at trifles; don't get angry and fly off of the handle because you hear of something someone says disparaging of you or your business. All these things must come; people will talk; they always did and they always will; but you just keep sawing wood and you will come out all right, and on top. Having decided to enter the ranks of natural healers, you should nail your colors to the mast and, like all true Americans, die by them. If you are called on to see a patient, who is being treated by a doctor of medicine, refuse to go until the doctor has been discharged; because if you go and attend the patient and they get well the doctor will get the credit, and if the patient dies the doctor will say you killed him. Remember you have nothing in common with the doctor of medicine, and another thing, don't treat anyone while they are taking medicine; medicine and this business don't go together. When you begin treating a patient, insist upon them letting medicine alone. Remember the effect that putrid matter has on the system by absorption from the colon into the blood and other organs of the body, and don't forget that thousands are constantly being poisoned by taking medicine in the same way.

Success in Life.

Much has been written on this subject, but there is no certain rule that will lead everyone to the coveted goal, and in this work we have only a short space to devote to this subject, but we will try to make it plain and simple, and shall endeavor to give a few simple rules, that if followed out will bring success. In order to succeed in life you must first desire to succeed, next you must exercise your will-power to achieve the end and third you must rely upon yourself and the powers within you to reach the desired end. You must realize that you are one with God, the infinite, a spark from the Divine source, that you are created equally with other men, and that what others have accomplished can be done again and that what others have done you can do. You must have this much respect for yourself or you cannot even make a start towards

success; but if you will admit that you are an intelligent being and that you have an intelligence that is capable of being improved or developed and will rely upon these powers that God has given you, there is nothing to prevent your meeting with success in any line, except your will-power and industry. When a person says, "Well, Jones did that, or Smith did so and so, but I can't," or if he says, "Smith was cured by that healer and his treatment, but I know I can't be." By these statements he just admits that he is inferior to these other people in every respect. Now, this won't do and these remarks are made by people who never succeed in anything; as a rule they are as poor as Job's turkey and they are just simply too everlastingly lazy to do anything, and they deserve no pity or sympathy whatever from anyone for their condition. Now, the truth is in a nutshell, there is only one person in the world that stands between you and what you want in this world and that person is yourself. Remember that all that other men know they have learned and what other men have learned to do, you can learn to do; but you can never do this till you learn to trust and fully rely on yourself and learn to believe that you can do these things, and this you will do by TRYING. Last, but not least, "Never go in debt to anyone for anything and never allow anyone to get in debt with you." This is a rule that should be followed STRICTLY; never vary from it as a FOUNDATION RULE for SUCCESS IN LIFE.

How to Protect Yourself Against the Influence of Others.

There are people who are possessed of so much personal magnetism, that in their influence over others they are almost irresistible, and they can almost make anyone do anything they wish. Now, should you ever meet with such people, and you feel that they are a great deal stronger than you from a magnetic standpoint, and you wish to protect yourself from their influence, all you have to do, is never to look them in the eye; while talking to them always turn your eyes away; divide your attention. Unless you will look them in the eye and unless they can get you to concentrate your attention, they cannot influence you at all. But just as sure as you look them in the eye, and they are possessed of a stronger magnetic power than you, they can influence you to do most anything they wish. So we give this as a short rule, but one that will work well in all cases, and is worth remembering. There are works written on this subject that are well worth your perusal, but space in this work forbids us giving more to this subject. We therefore give the above as a short rule, but effective in all cases.

The Fountain of Youth, Or How to Live 100 Years.

Lecture No. Twenty-Two.

Most all human beings, as well as the brute creation, love life, and very few indeed are the number that ever want to give up life when they are in their right mind. People kill themselves sometimes, but we believe in most such cases they are at least temporarily insane. But very few who have ever had their choice of death or imprisonment for life have ever chosen death. When it comes to crossing over the dark river and into the unknown, humanity will shudder and hold on to the brittle thread of life as long as they can. So the subject of this lecture is bound to be of interest to everyone, and we say to you in all truth and candor that if you possess or inherit anything like an average longevity of life, that you can, by living within certain prescribed rules, prolong your life to at least 100 years, and possibly far beyond, and carry youth and bouyancy at the age of 100 years. Now we propose in this short lecture to tell you how to do this, and we are not jesting; we believe every word we say, and, in fact, from our own knowledge of the human body and its anatomy, gained from an extensive study of anatomy and a thorough course of study in medicine, and having attended the lectures at one of the best medical colleges in the West, we say, with a full knowledge of the subject, that when these simple rules are followed out as laid down in this lecture, that anyone, almost anyone, may live to 100 years, and persons who inherit unusual longevity of life may even live far beyond, and will carry youth and buoyancy up to the 100 year post. And anyone, by living up to these simple rules, will surely add many years to their life, and carry youth and buoyancy into extreme old age, and none following these simple rules will be subject to disease at any time. In giving these rules, which are very simple and easy to follow—in fact, easier to follow them than not, taking into consideration the pleasant feeling to be derived constantly from their observance, we are aware of the fact that all are not endowed alike by nature and by inheritance with health and longevity of life, but by following these simple rules anyone can add many years to their lives and carry youth and buoyancy into extreme old age and not be subject

to disease at any time. Is not this worth your deep and careful consideration? These rules, as before stated, are very simple and easy to follow, and, if followed, the complexion will be clear and the person will have a robust look, and be the picture of health. The first is, flush the colon thoroughly every other night just before retiring; it may be if you are a small eater, that you need not do this oftener than every three days, and if you are a hearty eater, A GORMANDIZER, you should flush the colon once a day at night just before retiring. Take a good bath in warm water and rub down good and hard at least once a week; take a vapor bath, and sponge off at least once every two weeks, avoid all stimulants such as tobacco, whiskey and even it is better not to drink coffee. Be careful how you live in your thought world, and follow the instructions on page 28 under Mental Healing, "The remedy guaranteed to cure every ill." These instructions will be found in the lower half of page 28 under Mental Healing. It is also good to take a cold sponge bath on arising in the morning. Now, while the use of strong drink, coffee, tobacco and drugs of all kinds are to be condemned, yet if you do use them or you eat too much, if you will observe the rule of flushing the colon every other night just before retiring and as to baths, yet you may add many years to your life. But if you don't use these strong drinks and eat temperately and will follow out these rules, you may easily expect to be 100 years old, and if you inherit an unusual longevity of life you may live far beyond, and will not only carry youth and bouyancy into extreme old age, but if you observe the simple rules of flushing the colon and bathing, you will not be subject to any disease during this time. It should be remembered, though, however that the condition of the mind has much to do with it and we should remember that the body will in time follow the condition of the mind. We should therefore be careful in following out these rules as to how we live in our thought world; evil thoughts and evil forebodings and diseased thoughts should be banished from our minds, and this we can do by only entertaining good, healthy and wholesome thoughts. And in eating, drinking and breathing, whenever we do either, it should be done for the purpose of promoting health in our bodies.

Diseases and their Treatment

By Magnetic and Natural Process.

Lecture No. Twenty-Three.

Preliminary Instructions.

Under this division of this work, we propose to give the various diseases to which humanity is subject, together with their symptoms, method of treatment by Vital and Mental Healing, also the natural methods of prevention and cure, such as the water cure, the various baths, exercise, massage, and all natural methods that will prevent, as well as cure disease. The healer should become thoroughly familiar with all the methods and manner of applying treatment.

Vital Healing.

As before stated in this work, this consists in the transmission of a vital substance from the body of the healer to that of the patient, and in doing this there are four plexuses of nerves used, see plate No. 1, viz: The Cervical, Brachial, Lumbar and Sacral. These plexuses of nerves are situated along the spinal column, between the upper and lower vertebrae, as shown in plate No. 1. The Cervical is situated on the middle of the back of the neck. The Brachial on the spine, midway between the shoulder blades. The Lumbar on the spine, in the small of the back just below the short ribs. The Sacral immediately above and midway between the hips on the spine, as shown in plate No. 1. From these plexuses there are numerous nerves branching off to the various parts of the body and it is through these nerves that the Vital Substance is transmitted from the body of the healer to the diseased part of the body of the patient. The right with all right handed healers and the left hand with all left handed healers should be kept positive and used to transmit this Vital Substance. And the other hand should be kept negative and should always be placed on the part to which we wish to send the Vital Substance. The positive hand in giving treatments should always be placed on the various plexuses as follows: On the Cervical plexus, in treating all diseases of the heart, liver, stomach and lungs, or any disease or trouble located in or on the body adjacent to these organs. On the Brachial plexus, in treating all diseases of the arms or hands. On the Lumbar plexus in treating all diseased conditions of the upper bowels, or for any trouble or disease located adjacent thereto. On the Sacral plexus, in treating all diseases of the lower bowels,

male and female generative organs, bladder and all diseased conditions of the lower limbs. Now, if you will become familiar with the location of the different plexuses and note the purpose for which each is used, you will have no trouble in treating any disease by Vital Healing. Remember the positive hand should always be placed on the proper plexus in order to treat any certain portion or organ of the body, and the negative hand should be placed on the effected organ or the part to which you wish to send your magnetism. Remember that you must always exercise a strong intention to send the current from your positive hand to the effected part and with a strong intention of relieving the trouble. The negative hand is placed on the affected part simply to locate or direct the current. Now we tell you in this work the symptoms and the treatment, by magnetic and natural process, for many diseases, and from this, if you will carefully observe the foregoing directions as to the different plexuses and the purpose for which each is used, you will have no trouble in treating any disease by Vital Healing. The first step in treating a patient by Vital Healing is to bring them into communication, see plate No. 2 and directions on page 13. In treating a patient by Mental Science you should observe first, the instructions laid down on page 26. And remember in applying the hands in treating by Vital Healing, you must at the same time exercise strong intention to bring about the desired result, without which you will fail in the treatment. Now you should thoroughly locate the different plexuses of the body and the various parts of the body for which each is used and if you do this you will not meet with any trouble and will know just where to apply the hand in treating any trouble.

Massage.

Massage is a series of movements done with the hands of the healer. It has a tendency to quicken and increase the flow of all fluids of the body, such as blood, lymph, and chyle. It also excites muscular action and increases secretion and excretion. In massage there are eight movements, namely, viz: Percussion, stroking, friction, vibrations, medical gymnastics, passive movements and active movements. Pressure is a rolling, kneading, squeezing movement, percussion is tapping with ends of fingers or with the palm of the hand, slapping gently or with the edge of the hand, chopping. Stroking is gently drawing the hands over any part of the body, always in one direction, with pressure more or less. Friction is a rubbing with pressure to and fro. The joints are all moved the same way in the passive movement, while as a rule, the patient endeavors to keep the parts from moving. For instance, the patient is lying down, the healer takes hold of a limb and tries to move it while the patient resists. Now in the active movement the work is just the reverse of the passive movement; that is, the patient moves a joint while the operator resists until the movement is com-

plete; when the part is forced back to its original position by the healer, the patient all the while resisting. These movements, active and passive, should never be carried to the extent of exhausting a patient. Medical gymnastics are certain exercises to strengthen certain muscles of the body. Massage can be used to advantage in treating constipation, lumbago, swolen joints, rheumatism, stiff joints, paralysis, hernia, womb trouble, liver disease, headache, neuralgia, and many others.

Manipulation of the Lower Bowels.

This consists in pressing in and out with the fingers, lifting, rolling, beginning at 7, see plate No. 3, and following the colon in this way all around below the great bend, and also lifting, kneading, pressing in and out with the hands backwards and forwards from the lower part of the stomach, down to the lower part of the abdomen, so as to thoroughly loosen and assist in emptying the contents out of the smaller intestines, three sixes at 15. This is very beneficial in many cases and especially in constipation.

———o———

Diseases and their Treatment

By Magnetic and Natural Process.

(Continued.)

Lecture No. Twenty-Four.

In the directions for the treatment of the various diseases, for the sake of brevity the following abbreviations will be used. The student should become thoroughly familiar with them:

C. P.—Cervical Plexus.
B. P.—Brachial Plexus.
L. B.—Lumbar Plexus.
S. P.—Sacral Plexus.
T.—Treatment.
G. T.—General Treatment.
F. C.—Flush the Colon.
E.—Exercise.
B.—Bath.
M. L. B.—Manipulate Lower Bowels.
S. C. I. R.—Send the current with strong intention to relieve and cure.
S. B.—Sun Bath.
Sitz B.—Sitz Bath.
V. P.—Vapor Bath.
Spg. B.—Sponge Bath.
W. S. P.—Wet Sheet Pack.
H. P.—Half Pack.
L. B.—Leg Bath.
A. B.—Arm Bath.
A. W.—Abdominal Wrapper.
P. H.—Positive Hand.
N. H.—Negative Hand.
S.—Symptoms.
C. A. B.—Common Air Bath.
M. P.—By Magnetic Process.

The Sun Bath.

This bath is taken by exposing the naked body to the sunshine. In the treatment of all diseases this is a splendid tonic, especially in such cases as paralysis, dyspepsia, neuralgia, rheumatism, and hypochondria. It is also good in the treatment of nervous, skin diseases, consumption, dyspepsia, and convalescence from acute diseases. This bath is taken by exposing the body to the sun every day and ten minutes is long enough to start on, but this should be gradually increased to a half hour. This bath should always be followed by Spg. B. in tepid water. In taking this bath patient should lie so as to expose the whole body to the sun except the head.

Rules for Bathing.

A half hour at least should elapse after taking a bath before eating, and at least two hours should elapse after eating before taking a bath. It is always well to wet the head before bathing. To prevent sweating while taking a bath, apply a cold cloth to the head. However, it is a good thing to sweat. It is well to finish all baths with a quick dash of cool water. You should never bathe while tired or exhausted. Baths should be taken quickly; the slowness in bathing is what causes many to take cold. From three to five minutes is long enough to take an ordinary bath.

General Treatment.

First bring the patient into communication. See plate No. 2, and directions on page 13. Then place your P. H. on forehead of patient, N. H. on back of neck. Send the current through in this way for five minutes, then place your P. H. on each of the four principle plexuses, and treat all the different organs for which each plexus is used. Then make the long passes from head to foot with both hands, both in front and behind, down the spine, and down each limb.

Self Treatment.

Remember that the directions in this work as to the treatment of diseases in others will also apply to yourself, except in treating yourself you cannot get the benefit of Vital Magnetism because you cannot transmit with your hands Vital Magnetism to yourself. In order to get the benefit of Vital Magnetism, the treatment must be applied by another. However, in treating yourself for such diseases as constipation, you may receive great benefit by manipulating your lower bowels with your hands. In treating yourself for this disease, in addition to F. C., you should also thoroughly M. L. B. at least every other day and a half hour at least before F. C. You should remember in treating others that the hands should always come in contact with the flesh of the patient, except in making the passes, which may be made over light clothing. To treat yourself by Mental Science retire to your room, or some quiet

place alone, lie down or sit down in some comfortable position, and at first try not to think of anything, just try to make your mind a blank. Now concentrate your thoughts or mind upon the inner perfection of yourself; try to see yourself as a part of the great Infinite and as spiritually perfect. Open your inner soul to the Infinite source of all true wisdom, the great I am. You may not be at first able to concentrate your thoughts properly, but if you will try and keep on trying it will become easier. You should do this every day and cultivate the power of concentration, because you need it not only in the treatment of yourself, but also in the treatment of others. If you find it hard to concentrate your mind, write out the sentence you wish to impress upon it on a piece of card board and hang it up in front of you; now fasten your gaze upon it and read it over and over, try to impress it upon your mind so plainly that with your mental vision you can see it. By writing out this sentence and hanging it up in front of you, it will enable you to keep your mind from straying from the subject. The object is to so impress the thought upon your sub-conscious mind that it will become a living reality. In treating yourself you must rely largely upon auto-suggestion and this power is infallible if you will persist in trying to use it. You possess within you the power to acquire what you want if you will only apply this power correctly to bring about the desired result. There is no question but what if this power within you is properly directed towards the restoration of your health, that it is more powerful or potent in its effects, than any other force that can be used. And strange as it may seem without the power of auto-suggestion, the science of Magnetic Healing, so far as it relates to self-treatment, would be a failure. But in order to practice this correctly and to be successful, you must first assume that it is possible for you to regain your health, and then you must try and be persistent until you have succeeded in gaining the treasure you desire. The power of suggestion in self-treatment is based on well defined principles. The first of which is, that the sub-conscious mind controls the functions and sensations of the body; second, the sub-conscious mind is controlled by suggestion of the conscious mind; third, it being admitted that the above two propositions are true, it is therefore conclusive that the functions of the body can, by suggestions of the conscious mind, be controlled. With a thorough understanding of these propositions, they can be applied by the patient in controlling the forces within him, to reach the desired end. In order to know whether these propositions are true or not, the patient must try them; this is the only way to settle it, then the patient will possess knowledge instead of belief, and this knowledge will be the power that will bring him health. First, he must assume that he possesses this power within him. Now, in order to reach and control this power within, we must assume that the sub-conscious mind is separate from the conscious mind. It must be regarded as being subject to and under direct control of the conscious mind, and if the patient will only

assume this to be true he will find the sub-conscious mind a true and faithful servant, but it must be trusted and relied upon to obey the dictates of the conscious mind. For illustration, suppose you have taken cold and you want to treat yourself for it; just before retiring at night is a good time. Concentrate your mind and use a strong intention to break up this cold, call up the sub-conscious mind and endeavor to impress upon it that this cold must be removed, and you will mentally, by your conscious mind, order the sub-conscious mind to drive out the cold, and you must do this faithfully and honestly; expect the cold to be gone when you awake in the morning. Now if you will persist in this method of treatment you will most surely overcome the disease. This is only an illustration and this mental treatment may be applied with equal force to effect a cure or change in any disease or condition of the body. This is only one of the methods of treatment. All of the methods of treatment laid down in this work will apply to self, equally as well as to others.

—o—

Diseases and their Treatment

By Magnetic and Natural Process.

(*Continued.*)

Lecture No. Twenty-Five.

Absent Treatment.

There is no longer any doubt but that the sub-conscious minds of two persons can communicate between themselves by the power of their wills. However, certain conditions must be complied with, in order to make communication a success. The patient must be passive in order to receive communications from the healer. This condition of passivity is absolutely necessary on the part of the patient, and is most perfect during sleep. Natural sleep is a good condition, but communication may be established during either natural or hypnotic sleep. Hudson says the sub-conscious mind can be controlled by suggestion during natural sleep as well as the hypnotic sleep. Natural sleep on the part of the patient, being the most perfect passive condition, is the best for the reception of telepathic suggestions by the sub-conscious mind. The healer can force his sub-conscious mind to communicate telepathic suggestion to the sub-conscious minds of his patients if he wills to do so on retiring at night. There is no doubt in my mind that the healer can, while in a state of natural sleep, convey suggestions to his patients while they are in the same state, to their therapeutic

advantage. The healer may do this by an effort of the will just before going to sleep. The general method of giving absent treatments is while in the waking state, and the general plan is to have an agreement with your patient, previous to giving treatment, as to stated times for taking treatment. In these directions the healer should instruct his patient to go to some quiet place and lie down, relaxing all physical and mental tension, and to make himself perfectly passive to the suggestions of health from the healer. If the patient should fall asleep while taking treatment it is all the better, because he is in a better condition then to receive suggestions, as his conscious mind is then asleep, and the sub-conscious mind is on the alert to receive suggestions for his benefit. If he should go to sleep while taking treatment, he will awake feeling much better and improved. The best time to give absent treatment is just after retiring at night and before rising in the morning. Where absent treatments are given correctly there is no doubt about the good to be derived from the united force of the two sub-conscious minds, being thus exercised for a certain purpose, they form an irresistible power, from which the patient is bound to receive benefit. The healer should always know the character and extent of the disease or diseases of his patient, and so direct his sub-conscious mind specifically, and also that he may in addition to the mental treatment, prescribe certain natural remedies, if necessary, in effecting the cure. The healer, having arrived at a knowledge of his patient's ailments, and an agreement having been entered into between the patient and the healer, the time having been designated as to when the treatments will be taken, he should concentrate his mind for the purpose of impressing upon his sub-conscious mind the duty of conveying to the patient's sub-conscious mind such suggestions as are necessary for his restoration to health. The healer in this way formulates suggestion in his mind and sends it out to the patient, and this thought so suggested by intention goes on for any length of time, the patient receiving the benefit whenever he is passive to it, and the sub-conscious mind of the patient being impressed with these suggestions, shows them forth in his body. The conscious mind of the patient may recognize these thoughts as his own, but that does not alter the truth that they originate in the mind of the healer. The agreement between the healer and patient may be for any certain length of time and when the time expires the suggestions will have no further effect upon the patient. It is therefore necessary that the patient should be informed that the time of treatment has expired and unless renewed will cease. It is well to thoroughly impress upon the patient the necessity of following your instructions to the letter. If you would be successful in his treatment, and if he desires to be cured, much will depend upon him. It is a good idea to caution your patients against talking to others about taking your treatment, especially to those who are opposed to this method of treatment, because the suggestions that you give your patient in treatment may be counteracted in a

measure, at least by adverse criticisms or suggestions from others. And there are always plenty of people who are ready to discourage a patient and are ready to give such suggestions as ridicule, doubts, fears, etc. Now we are going to give you three blank forms that are commonly used in giving absent treatments. We will number these blanks one, two and three. Number 1 is a blank that is used to ascertain the physical condition of your patient and his ailments, together with the time suited for treatment, and contract which he should sign. No. 2 is a form of letter that should be sent to the patient in giving the treatment, and to this letter should be added any other directions that you may deem necessary for the cure of his ailments, such as flushing the colon, diet, exercise, bathing, etc., according to the necessities of his case. No. 3 is a blank form of directions; these are called general directions and are used with every case. Blanks two and three should be used in every case. Now if you wish to give absent treatments you should have you some blanks printed like these, making any changes you may deem necessary, and then you will be ready for business. The contract at the bottom of blank No. 1 should be retained in all cases for the following reason: About a year ago Prof. Weltmer was arrested for giving absent treatments; the party who had him arrested, claiming that he agreed to send his mind or thoughts in blank No. 3, and that he did not do it, and could not do it, and they therefore claimed that he had obtained their money and used the United States mails for this purpose in violation of the law. But this little contract at the bottom will forever bar any such a claim being set up by anyone. Of course they could not do anything with Prof. Weltmer, because they could not substantiate their claims, but it is well enough to be on the safe side always and we therefore give our students the benefit of this knowledge.

Symptom Blank.

Blank No. 1.

Absent Treatment.

Please use this form in ordering absent treatment. Be as correct as possible in answering all questions in order that the treatment be thoroughly effective.

Be sure and answer EVERY QUESTION, and should you lack space, use the back of this sheet, so we may have a thorough knowledge of your present condition and in order that we may prescribe intelligently the directions for your treatment.

PROF. R. B. EUBANK, CARROLLTON, MO.

Dear Sir: I herewith enclose $..... for one month's Home Treatment.
My full name is.....
Post Office.....State.....
If City, give Name and Number of Street.....
Age....years. Height....feet....inches. Weight....pounds. Color of hair..... Color of eyes..... Complexion .... Married or Single.....
Occupation..... How long have you been engaged in this occupation? .. years. What was your previous occupation?..... How long were you engaged in last named occupation?....years. Do you drink whiskey or intoxicating drinks?..... If so, what kind and how much daily?.....
Do you use morphine or other opiates?..... If so, what kind and how much daily?..... If you do not use intoxicating liquor, morphine or other opiates, or tobacco now, but have ever used them in the past, state what you used, how long since, how long used and what quantity used daily.....
Did you ever take any treatment for the cure of any of these habits?.....
If so, when?..... And if so, have you been a total abstainer since taking said cure?..... Please describe fully any diseases or accidental injuries you have had since childhood, and whether or not you have fully recovered from same. .....
.....
What is your present trouble?.....
If more than one, give all.....
Describe fully how you are effected.....
.....
In what part of the body do you feel the most pain?.....and at what time?..... How long have you had this trouble?.....
What do you think caused it?..... Have you taken much medicine? ..... If so, what kind?.....and about how much per day?..... It will be necessary for you to take two treatments each day. A treatment will occupy from twenty to thirty minutes.

State what hours will best suit your convenience, morning and evening: .....A. M. .....P. M.

Sign your name here ☞.....

The following questions should be answered if the applicant is a woman: Are you regular in your menstruation?..... Do you suffer pain at your periods? ..... How long do your periods usually continue?.....
Are you pregnant now?..... If married this question is important. If married and pregnancy has existed has labor been natural?.....
How many children have you borne?..... Date of last confinement?..... Have you ever miscarried? ..... If so, how long since?..... And how often?..... Have you passed the turn of life?.....

General and Special Instructions.

Blank No. 2.

Absent Treatment.

CARROLLTON, MO., ... 1901.

MR..... ....

....

Kind Friend: Your esteemed favor of recent date, with enclosure as stated, for one month's treatment, is received, for which please accept my thanks.

Your treatment will commence at once, and all your ailments will have my very best attention. I herewith enclose you my instructions, which you will please read very carefully with the intention of catching my full meaning, and use your best efforts to conform to all I say therein. In addition to this I wish you to lie down at the hours of ..... p. m. and at ..... a. m., and make yourself passive to me. I mean by this that you shall lie down at these hours and simply relax both physical and mental tension and take your mind entirely off of yourself and your ailments, and then my positive healing thought force will enter your body and reconstruct it. You can read a book, talk to a friend or a member of your family—anything to make yourself passive. Remain in this passive attitude for at least 15 to 30 minutes at each treatment hour. The hours of treatment are based upon your time and not upon the time it is in Carrollton, Mo.

Now it is very necessary that you should follow my directions to the letter in order for me to bring about the desired results. You may rest assured of one thing, if you will be as PERSISTENT in following my directions as I am in my efforts to cure you, the results will be all that you can wish for. I also desire that you increase to a considerable extent the amount of water you are now drinking, and also breathe into your lungs more fresh air—what I mean by this is, breathe 30 or 40 long, full breaths or more of fresh air at least three times a day, as both of these elements, air and water, contain life-giving forces that will greatly assist in building up new tissue and adding unto you fresh bodily vigor. I desire to have a report from you at least once a week giving me your condition and improvements.

Now speaking health and happiness for you, and knowing that with a determination on your part to follow closely my directions, such a condition will most surely assert itself, I remain

Yours sincerely,

Prof.....

General Instructions.

Blank No. 3.

Absent Treatment.

MR. .....

.....

Please observe the following directions very carefully. They are of great importance to you:

Assume a passive attitude. What I mean by being passive is this: Try for the time being not to think; that is, do not formulate a thought. Do not think of anything that you want to do or want to think about, but relax yourself both in body and mind. Try to do nothing. To be utterly passive, is to make your mind or your thinking powers lax or limber, just as one does when he faints. To be able to exclude from your mind all the thoughts except one. To be able to see one object to the exclusion of all other objects, even though surrounded by hundreds of others; to hear one sound to the exclusion of all other sounds, is to assume a passive attitude. Passive to the sound or the thought that you admit into your mind by this exercise.

You do not know how to use your will in overcoming your bodily ailments, because if you did you would not have those ailments, you would not need my services or the services of anyone to establish harmony or health in your body. I know how to exercise this thought for you, but it is an utter impossibility for my thought to enter your mind when there is an effort on your part to think of yourself, for yourself, or try in any way to help yourself. Then drop every physical and mental effort, and just relax. Just assume that I am doing all for you that can be done, or that if anything is done for you I must do it. Drop all care, anxiety, worry, fear, and just absolutely rest.

While you are in this condition my thought will sweep through your temple, start obstructions, start your circulation rushing through that part of your body which is diseased; it will clean out the house, sweep and garnish it and leave it free from the maladies that now distress you. This may be done almost instantly; it may require a month, it may require two months or more to do it. But if you will put your case in my hands and be just as willing to be healed as I am to heal you, just as willing to receive help as I am to give it, I will surely help you.

Take a position like this: "I can do nothing to help myself; I leave it all to my healer." After you once assume this passive attitude of mind and body, then you can pick up a book and read. Read anything except that which will call your attention back to yourself. Try to think of some distant friend. Try to call up in your mind some pleasant memory, but so far as your body and its ailments are concerned, leave that to me. I will produce regular vibrations, each of them charged with courage, energy, self-reliance, health, life. I will just literally rebuild you, and that member which is most unruly will receive attention first, along with the ones that instituted the disturbance. Your kidneys will be encouraged to secrete and absorb and carry out of the system the impurities that they have been neglecting; the lungs will begin to throw off the gaseous poison that made you feel so heavy and dead, the liver will begin to empty into the stomach the juices that will digest your food, the absorbant glands will begin to take up nourishment, the perspiration glands will begin to throw off the poison that must be discharged in that manner, and you will find yourself almost anew. All you need to do

is to rest. The kingdom of God is within you. This kingdom never exercises its powers until it is made conscious of the fact that it is intrusted with work to do. So you must rely upon that kingdom within. My thought will stir up that kingdom, put its executive officer to work, which is the will. Your will and mine will blend together in one act which will be the elimination of disease from your body with health and strength. Now, if you should get discouraged, feel like you were not progressing as you wish to, then go back to the directions and read them over again; for if you fail it simply means that you have neglected to rest upon the power that is rebuilding you.

If you could understand me, I could make you see that it is just as sensible a proposition to assure you that you can throw off your load of care, worry, pain, distress, which are mental and physical burdens, as you can drop any other load that is pressing you down, and the relief will be the same.

Now be patient and be persistent. To be patient is absolutely necessary. Impatience always indicates anxiety, despair, fear, hopelessness, weakness. You will find there are two ways by which we call into mind or admit all of the thoughts that govern our lives. One of them is called hope or desire. Now, the things that we hope or desire are blessings and everything coming into our lives, admitted by this member of our household, will help us if we continually watch and keep our lamps burning, our hopes bright; no enemy can enter. The other avenue is fear. Fear never brings into our minds a single helpful, healthful, upbuilding thought, but brings to our minds disease and death. Do not fear, do not worry, do not doubt, but trust; and hope will be your guiding star. Health, peace, life, the result.

You cannot do other than to live in one of these attitudes of thought. You are either governed by your hopes, which inspire you, or you are dominated by your fears, which is the downward course to death. Learn to trust your hopes, learn to trust your desires. This keeps fear out of your mind. This shuts out that ugly monster that drags you down, and after awhile these directions will be easy to follow.

Rest assured that if you follow them you will soon have cause to rejoice, on account of the knowledge that will come to you, that the King is on his throne directing the affairs of his household in perfect harmony that will not only bring to you health, but will bring to you all other blessings that we know how to enjoy. Now, here is one special direction: The air you breathe contains in it more life that is ready for assimilation in your body, than anything else that you can take into your body. Pure water containing the same properties, although not to so great an extent, is the next most invigorating and stimulating element that can enter your body. The food we eat brings to us, but in a very small proportion, some of the things that we need to build us up.

Here is the rule: Hereafter have a purpose in everything you do. Let every breath of air you breathe be breathed for life and health; every drink of water that you take, have in it the purpose of bringing to you life and health, as well as the things you eat. Determine that hereafter all these acts shall be performed with that express purpose. You need not think of this but once, and every subsequent action will carry with it that purpose.

Briefly: Hereafter eat, drink, breathe, rest, for the purpose of bringing into your your life health, strength, courage, good. And just as sure as you do this, assuming the passive attitude referred to above, our wills together will make you strong, successful and happy.

P. S. SPECIAL—Relax completely during treatment. Rest easy and do not worry. Breathe an abundance of air and drink plenty of water, warm or cold. Think thoughts of health and happiness, and soon these thoughts will be realities. If you drop off to sleep during evening treatment, it will in no wise interfere, as you are naturally passive while asleep.

Yours sincerely,

Prof. . . . . .

Diseases and their Treatment

By Magnetic and Natural Process.

(*Continued.*)

Lecture No. Twenty-Six.

Success Treatment.

This is absent treatment for success in business and the design is to bring one from a condition of despair to one of courage and hope. The object is to so change the vibrations in the mind of the patient or one who is discouraged and cast down, so as to strengthen their will-power, take away all fear and inculcate new life into them. Poverty is now regarded by many as a disease that can be overcome. A very poor person, as a rule, is one that has very little will-power and very little nerve and ambition; in other words it denotes weakness. There is a power within every person, if they only knew how to use it, that would bring to them all they desire. Everyone is entitled to all the good things of life and they have the power within them to acquire these things if they only knew how to use it. Now, the object of this treatment is to arouse this power, thus putting one into a new sphere and to give courage, self-reliance, hope, energy and ambition. The object of this treatment is to arouse these forces within. There is no doubt but that the financial condition of a person may be changed in this way by absent treatment, by arousing these powers and putting the patient in the new road to the father's house, where there is plenty and to spare. Now, in giving this treatment, we subjoin a form of letter that is used; this form of letter is numbered four, but before giving this treatment the patient should be required to fill out and sign blank No. 1 under absent treatment. And then the healer, in giving this treatment, should use a letter something like blank No. 4, together with blank No. 3. These two blanks, No. 3 and No. 4, constituting the instructions in the treatment. Blank No. 4 may be changed in any way that the healer sees proper to suit the case. And to blank No. 4 should be added any instructions that the healer may think necessary or to the therapeutic advantage of the patient. Of course if the patient is not in good health, such instructions should be added to blank No. 4, as will assist in restoring him to health also. And in giving success treatment the patient should always be required to fill out and sign blank No. 1, so that the healer may have a thorough understanding of his physical condition; because if the patient is not in perfect health, in addition to giving him success treatment, he should also be treated for his bodily

ailments. The forms given herein, under absent treatment, are the kind and in substance the same as is given by all the great healers. However, very few if any of them, give special instructions in addition to these, except myself. Prof. Weltmer, the great healer, in giving absent treatments only uses blanks 2, 3 and 4, and he uses blanks 2 and 3 for all diseases, no matter what they may be and does not add special instructions in any case, and that is one place we think our absent treatment possesses a great improvement over his or any of the others for that matter. In fact none of the great healers of which we have any knowledge give special instructions at all, they only use these general forms and none of them of which we have any knowledge use the natural method of treatment in addition to the mental, such as flushing the colon, baths, etc. We think our plan, therefore with the instructions herein given, is far superior to any of the others and it is to the superiority of this plan that I owe my great success in curing all kinds of diseases by absent treatment. By this method I have treated the very worst kinds of diseases, such as consumption, cancer, etc., and I have never in a single case failed to remove a cancer or failed to cure the consumption, where the patient would follow my instructions. In giving absent treatment you should add to the general instructions contained in blanks No. 2 and 4, such special instructions as you may deem necessary to restore the patient to health, such as flushing the colon, baths, etc., when you deem it necessary, from the information derived from blank No. 1.

Blank No. 4.

Success Treatment.

CARROLLTON, MO., ... 1901.

Kind Friend: I beg to acknowledge with thanks your esteemed favor of recent date, enclosing $..... for my treatment for success in business, which amount I have placed to your credit. I will commence at once sending you my very best thought; with the intention and purpose of raising you out of the depths of despondency and poverty, and placing within you the vibrations of success. I will send you this thought twice each day for THIRTY DAYS at .. a. m. and .. p. m. for the purpose and intention of building in your mind strong, vigorous, courageous and forceful thoughts which will lift you out of your present condition and enable you to accomplish that which you desire. Now I wish you to observe the following rule from henceforth and forevermore, viz: NEVER GO IN DEBT TO ANYONE NOR ALLOW ANYONE TO GO IN DEBT TO YOU. Follow this RULE strictly through all future life. Never DEVIATE. You may think this a hard rule to follow and difficult to practice; but such is not the case. I used to think it was until I tried it, and now I bless the day when I made the RESOLVE never to go in debt again, and to follow this rule throughout all future life. You may not be able to put this rule into practice all at once. I do not expect you to do so, but you can work along on this line, and in a short time you will find yourself able to put it into every day practice. I enclose herewith a letter of instructions (blank No. 3) which I wish you to read very carefully and endeavor to grasp the full meaning and intention therein which I seek to convey. You should not make any definite plans of your own for at least ten days, but leave everything to me. At the end of that time I know you will find yourself growing strong as a result of the thought I am sending you, and this will put you in condition to meet and vanquish those things which otherwise would be too great for you to overcome. You should remember always that a thought sent out from the mind of one trained by my method, for the improvement of another's condition, goes on forever and will be with you until ETERNITY. The results in your case may not be realized as quickly as you anticipate, or as soon as you would like; but rest assured it will come, just as sure as the sun rises and sets, if you follow my directions. This thought sent out from the mind MUST BEAR FRUIT, and it will be so in your case, just as sure as you follow the instructions which I enclose, and make yourself PASSIVE to my thought as requested. Twice each day, and for a half hour at each time, at the hours mentioned above, I wish you to lie down and make yourself PERFECTLY PASSIVE to me, as per the instructions enclosed, so that my best thought may enter your mind and sweep it clean of all thoughts that have a tendency to hold you down. And now I trust and believe, that from this time on everything will be brighter for you; and I know full well that it will if you follow the course I have laid down for you. Let me hear from you at least once a week, how you are getting along. Now, with my best wishes always, I am most sincerely yours,

Prof.....

Diseases and their Treatment

By Magnetic and Natural Process.

(Continued.)

Lecture No. Twenty-Seven.

To Reduce a Fever by Magnetic Process.

Take hold of the patient's hands as in plate No. 2 to bring him into communication with yourself, your hands thus forming a circuit. Send the current, in this way, for ten or fifteen minutes from P. H. to N. H., exercising strong intention to reduce temperature to normal. Then make the long passes from the head down the spine to feet, and in front. If you should get tired sending the current, change off and make the passes, then go back and send the current again, in this way until the temperature is down to normal. Another way, and shorter, is to place P. H. on forehead and N. H. on stomach, sending the current, at the same time exercising strong intention to reduce the fever. This is a short method, but I have used it in many cases with success. The cause of the fever should always be ascertained and removed. In making the passes the hands should be pressed down on the forehead, and, with a gentle pressure, brought all the way down from head to foot.

The Digestive Organs and Their Diseases.

Catarrh of the Mouth: S.—Smarting pain in mouth, coated tongue, bitter taste; babies refuse to nurse; some fever, fretful. T.—Place P. H. over mouth, N. H. over back of head, S. C. I. R. for five minutes. If a baby, wash mouth, keep clean. F. C. daily, hot water.

Ulcers of Mouth: S.—Ulcers on tongue, cheek and lips; swelling and some fever; bad breath. T.—P. H. on effected part, N. H. back of head, S. C. I. R. five to ten minutes; hot bath daily; with cool water wash mouth several times a day. F. C. daily with hot water; avoid strong drinks and rich food.

Thrush: S.—Much saliva and pain in mouth; chesey matter in mouth; sometimes fever and diarrhœa. T.—P. H. over mouth, N. H. back of head, S. C. I. R. for five minutes at a time; wash mouth thoroughly before and after each meal; F. C. at least every other day. Observe diet and bathing.

Glossitis or Inflammation of the Tongue: S.—Swollen tongue, pain and high fever, enlarged glands. T.—Reduce fever M. P., hold ice in mouth, give hot Sitz B. frequently.

PLATE NO. 5.

Showing Positive Hand over Sacral Plexus.

Canker of Mouth: S.—Sore mouth, swollen gums, bad breath, swollen cheeks and lips, enlarged glands, some fever. T.—Same as ulcer of mouth, plenty of sunshine, and room well ventilated.

Gangrenous Sore Mouth: S.—Sores in month, followed by gangrene, eating away cheeks, nose and sides of face. Rapid pulse but feeble, high fever, prostration. T.—Reduce the fever M. P. and by Spg. B. give Sitz B., F. C. daily.

Salivation: S.—Dribbling saliva, indigestion, sore mouth. T.—If caused by taking calomel, stop taking it. Treat liver and bowels. M. P. give Sitz B., W. S. P. vegetable diet.

Sore Throat: S.—Hoarseness, cough, accompanied by pain, some fever. T.—Place P. H. over throat, N. H. on back of neck, S. C. I. R. for five minutes or more, then rub the throat from the ears downward with both hands. It is well to heat the hands hot before applying this treatment, also bathe feet in hot water just before retiring at night and apply cold wet cloth to throat over night, do this for two or three nights if necessary, observe ventilation. Hot Sitz B. is also good. F. C. thoroughly at least twice a week.

Tonsilitis: S.—Tonsils swollen, fever, pain, headache, sometimes earache. T.—Same as sore throat.

Enlarged Tonsils: S.—Irritation in throat, difficulty in swallowing. T.—M. P. same as sore throat, apply hot and cold wet cloths to throat alternately for 20 minutes each for about two hours every day; apply cold, wet cloth over throat at night and take hot foot bath just before retiring. Renew the hot and cold cloths every five minutes, except when applied to stay all night. Take Spg. B. daily, plenty of exercise in open air, ventilate room thoroughly at night, F. C. thoroughly every other night, vegetable diet.

Inflammation of Esophagus: S.—Pain in back between shoulders, some fever, pain in swallowing. T.—M. P. same as sore throat, apply cold, wet cloths to throat every five minutes. F. C. every other day.

Gastritus: S.—Intense pain in the stomach caused by acumulating gas, pale face, cold extremities, coated tongue, thirst, fever. T.—Heat the hands very hot by rubbing, place P. H. over the stomach, N. H. on the L. P., S. C. I. R., give G. T., drink ice water, apply cold, wet cloths or ice to the stomach, place feet in hot water, reduce fever, by M. P. and cold Spg. B. F. C. thoroughly with hot water, light diet.

Bilious Attack: S.—No appetite, bitter taste, coated tongue, fever, vomiting, sick headache, dizziness. T.—Bring patient into communication with yourself, place P. H. over C. P., N. H. over first one and then the other lobes of the liver situated one on each side just under the short ribs, S. C. I. R. for some time, then bring P. H. down the spine, leaving N. H. as it was and send the current through in this way for five minutes or longer, then make the long passes from the head down the spine to feet and in front with both hands, eat nothing for 24 hours. If vomit-

ing drink hot water. Apply hot, wet cloth on stomach, cold, wet cloth under chin. Give a hot Sitz B., F. C. thoroughly every day until entirely well, vegetable diet, avoid strong drinks and rich foods, plenty of exercise in the open air, ventilate room thoroughly.

Chronic Dyspepsia: S.—Uncomfortable feeling after meals; no appetite, vomiting after meals, constipation, coated tongue, sleeplessness. T.—Place P. H. over C. P.; N. H. over the stomach, S. C. I. R. for five minutes. If the liver is torpid or bowels sluggish, treat as for bilious attack, and constipation, place wet towel round abdomen at night. F. C. every other night; light diet.

Ulcer of Stomach: S.—Pain in pit of stomach, increasing after eating, vomiting after meals, sometimes blood, constipation. T—M. P. same as chronic dyspepsia, very light diet, milk gruels, vegetable soups; avoid meat, sweets, acids, and all rich foods; Spg. B. daily; ventilate thoroughly; F. C. every other night.

Cancer of the Stomach: S.—Emaciation, vomiting blood like coffee grains, exhaustion, great pain after eating. T.—M. P. same as Chronic Dyspepsia. Diet and treatment, same as ulcer of the stomach. F. C. daily with hot water.

Dilation of Stomach: S.—No appetite, enlarged abdomen, constipation, vomiting undigested food, noisy moving of wind in the bowels. T.—M. P. same as chronic dyspepsia, also M. P. as for Constipation; M. L. B. and F. C. thoroughly at least every other night; drink little, eat dry diet, avoid liquid foods, meats, vegetables, strong drink, etc. If gas collects in stomach, let it off with stomach tube, introduced into the rectum; observe bathing and ventilation; rest plenty in bed.

Hemorrhage of Stomach: S.—Vomiting blood, dark clots or bright red if the blood has not been in the stomach long; blood passing from the bowels. T.—Place P. H. on C. P., N. H. over stomach, S. C. I. R. for five minutes, also M. P. as for bilious attack and constipation; drink ice water, apply cold cloths to the stomach. When beginning treatment, abstain from eating anything for from 24 to 48 hours, but drink cold water when feeling hungry; F. C. daily.

Diseases and their Treatment

By Magnetic and Natural Process.

The Digestive Organs--(Continued.)

Lecture No. Twenty-Eight.

Gastralgia. S.—Cold hands and feet, pain in back, faintness, exhaustion, vomiting. T.—M. P. same as hemorrhage of stomach. If this does not relieve pain, give hot Sitz B. 20 minutes and apply hot water cloths over stomach and abdomen, feet in hot water, light diet; F. C. thoroughly every other day.

Dyspepsia or Indigestion. S.—No appetite, poor digestion, heartburn, belching up food or bitter water, pain in stomach, constipation, cold hands and feet, dizziness, pain between shoulders, bad taste, mental depression. T.—Place P. H. over C. P., N. H. over stomach, S. C. I. R. for five minutes or longer; give G. T.; observe light diet, rice, milk, cracked wheat; no meat or rich foods nor strong drinks. Drink teacup full of hot water an hour before each meal; F. C. thoroughly every other day; take S. B. daily, plenty of exercise in open air, ventilate thoroughly; plenty of sleep; full bath twice a week; apply hot, wet cloth to stomach after each meal. A complete fast for a few days is best, drinking water when hungry.

Colic. S.—Extreme pain near the navel; vomiting, sometimes diarrhœa; cold skin. T.—Place P. H. over L. P., N. H. over seat of pain, S. C. I. R. for five to ten minutes, give G. T. If this does not relieve pain, heat hands hot by rubbing, place P. H. over pain, N. H. opposite side of body; heat hands and apply frequently, also F. C. thoroughly with hot water, apply hot wet or dry cloth to abdomen; hot Sitz B. is good.

Constipation. S.—Headache, loss of appetite, dizziness, bad breath, torpid liver. T.—Place P. H. over S. P., N. H. over lower part of bowels, (see plate No. 5), S. C. I. R. for five to ten minutes. This will stimulate bowels to normal action; also magnetize water with the intention of causing it to act as a mild laxative; give G. T.; also drink teacup full of hot water an hour before breakfast every morning; fruit diet, Graham bread; also M. L. B. for five minutes at a time, several times a day; F. C. thoroughly every other night; plenty of exercise in open air.

Diarrhœa. S.—Frequent discharge of bowels of feculent matter, griping, bearing down sensation in stomach, fullness lower bowels, accumulation of gas in lower abdomen, great pain. T.—M. P. same as constipation. F. C. frequently and thoroughly with

hot water to cleanse the bowels thoroughly, if this does not quickly relieve and cure, F. C. with cold water, very light diet. If much gas in abdomen, let off by use of rectal tube. For chronic diarrhœa use treatment same as for dyspepsia.

Typhlitis. S.—Swelling low down on right side abdomen in front, bowels filled with gas, constipation, fever, vomiting, depression. T.—Same as for diarrhœa.

Proctitis. S.—Burning sensation rectum, bowels want to move constantly, spasmodic contraction of the parts; fever, nausea. T.—M. P. same as diarrhœa. F. C. cold water, cold Sitz B.

Inflammation of Bowels. S.—Fever, pain, tenderness, loose bowels, sloughing off the bowels, vomiting. T.—Wet a cloth several folds in thickness, in cold water, magnetized, and place over bowels and lower abdomen at night before retiring, leave it all night, keep the body warm. M. P. same as constipation. Long passes both in front and behind, after treatment by M. P., especially long passes down spine. M. P. should be applied with strong intention of keeping the bowels open and reducing inflammation, light diet, fruits. Hot Sitz B. daily, F. C. thoroughly, hot water daily till relieved. Complete fasting is better for one or two days. Hot, wet cloth on abdomen is good.

Cholera Morbus. S.—Vomiting, purging, cold skin, colicky pains, cramps, legs, feet. T.—Give G. T. and especially M. P. for liver and constipation, also, if necessary, drink warm water to assist vomiting, and when all food is vomited, swallow bits of ice to stop it, or apply cold, wet cloth under chin and cold cloths over stomach. F. C. hot water and repeat as often as is necessary. If pain continues, give hot Sitz B. If fever and tenderness in abdomen give cold Sitz B., light diet, fruits for a few days, avoid meat, vegetables and rich foods.

Cholera Infantum. S.—Rapid pulse, pain in abdomen, extremities cold purging, vomiting, prostration. T.—Reduce fever M. P., give G. T., M. L. B., especially treat for liver and constipation. Spg. B. tepid water, to cool fever, F. C. hot water, fast 24 hours, give plenty of water to drink.

Bloody Flux. S.—Vomiting, fever, diarrhœa, colicky pains, smarting pain in rectum, bloody discharges, highly colored scanty urine, tender bowels. T.—M. P. same as diarrhœa, rest in bed all time. F. C. cold water, apply cold cloths wet to the abdomen, if a mild case take several Sitz B. in a day, light diet, or better, fast for a day or two, then fruits, rice, oatmeal, etc., till entirely well.

Chronic Dysentery. T.—Same treatment as bloody flux. Avoid meat, rich foods, pastries, strong drinks.

Appendicitis. S.—Intermittent pains in lower abdomen; muscles rigid over pain, tender, small tumor forming, some fever, abdomen distended from gas. Constipation is the real cause. T.—M. P. same as for constipation. Apply one hand to a point midway between thigh and a point above the stomach. Bend up right leg at knee joint, give the leg a slight twist, quick motion, and

PLATE NO. 6.

Showing Positive Hand Over Lumbar Plexus.

thus empty the appendix; reduce fever M. P. and allay the inflammation by applying cold, wet cloths, and cold Sitz B. several times a day; F. C. frequently hot water; Spg. B. tepid water; ventilate thoroughly; light diet, rice, oat meal. To prevent a return, F. C. thoroughly every other night.

Intestinal Obstruction. S.—Constipation, vomiting, colicky, bowels distended by gas, sometimes bloody stools, skin cold, prostration. T.—M. P. same as appendicitis; M. L. B. thoroughly several times a day; thoroughly knead the tumor, which can sometimes be felt through the abdominal walls; F. C. thoroughly with hot water frequently, apply hot cloths to abdomen; F. C. with cold water is sometimes best, owing to condition of patient and results. Where tumors have been formed, M. P. remove them, according to the directions for removing tumors. If there is high fever, reduce M. P. and apply ice; hot wet cloths on the spine and cold wet cloths on bowels is also excellent. F. C. every other night thoroughly to prevent return.

Hemorrhage of Bowels. T.—Place P. H. low down on bottom of spine, N. H. over lower part of the bowels; S. C. I. R. and also to increase circulation in the rectum and nature to carry off the congested blood; also M. P. treat liver and for constipation. Apply cold wet cloths to lower bowels and F. C. thoroughly with cold water; light diet, fruits, vegetables. Avoid meat, coffee and strong drinks.

Peritonitis. S.—Chill, some fever, pain and tenderness in abdomen, constipation, pulse high, rigid walls of the abdomen, vomiting. T.—Give G. T., apply cold, wet cloths to the abdomen, F. C. cold water, reduce the fever, M. P. if fever is hard to reduce, use W. S. P., light diet, avoid meat, rich food and strong drinks.

Dropsy of the Abdomen. S.—Constipation, enlarged abdomen, difficult breathing, rattling of water in abdomen, weakness, legs and feet swolen, scanty urine. T.—Place P. H. over L. P., N. H. over abdomen, see plate No. 6, changing N. H. so as to treat the whole abdomen, from the L. P., S. C. I. R. for fifteen or twenty minutes, then make the long passes, with both hands from head to feet both in front and behind, give hot V. P. or W. S. P. daily, F. C. daily with hot water, light diet, fruits, grains, avoid meat, rich food and strong drink.

Tape Worms. S.—The only sure indication is the passage of a part of the worm. Usually there is voracious appetite, palpatation of heart, poor digestion, and itching sensation in the anus. T.—Place P. H. over C. P., N. H. over stomach, send the current down the nerves to the stomach for fifteen or twenty minutes, then place P. H. over L. P., and N. H. over upper bowels, send the current through the bowels in this way for five or ten minutes, with strong intention to relieve and eject the worm, light diet, milk first day, milk and onions second day to sicken the worm; watch for the head of the worm, if it is left it will grow to full size again. Patient should not go to sleep after commencing the treatment until the

worm is removed. F. C. thoroughly with magnetized water.

Pin Worms. S.—Itching anus, especially at night, children kick the cover off, worms about a half inch long can be seen in the discharge from the bowels. T.—F. C. thoroughly with warm salt magnetized water every other night for two weeks, anoint anus with vaseline. M. P. same as tape worm.

Round Worms. S.—Nausea, vomiting, diarrhœa, colic pains, restless sleep, convulsions, when expelled worms can be seen. T.—Same as tape and pin worms.

Flatulence or Wind on the Stomach and Bowels. T.—M. P. same as constipation, thoroughly M. L. B. every day, and F. C. every day at least until relieved and then every other night until cured, drink cold water, apply wet cloth around waist and leave it over night.

Weak Stomach. Cause—Eating too much and the way we eat and drink, five hours should elapse between meals, not a bit should be eaten only at regular meals. Salt, spices, catsup, horse raddish, pepper, mustard and other seasonables when used in large quantities weaken the stomach. Ice water should not be drank, nor very cold food eaten. Never drink at meals, and thoroughly chew the food to avoid this condition. Persons with weak stomachs, should not use tobacco nor eat meat, nor drink tea, coffee, beer or whiskey. T.—Same as dyspepsia.

Vomiting. T.—Apply cold, wet cloth under the chin, hot, wet cloth over stomach. Drink hot water, swallow bits of ice. M. P. same as dyspepsia.

Heartburn. T.—Same as for dyspepsia.

Pain in Stomach and Bowels. T.—M. P. same as dyspepsia. F. C. thoroughly with hot water. Hot, wet cloth over abdomen.

Pain on Moving Bowels. T.—M. P. same as dyspepsia and constipation. F. C. thoroughly with hot water every other day or whenever the bowels move, light diet, fruits, etc.

Constant Desire to Have the Bowels Move. T.—M. P. same as constipation, F. C. with cold water, also treatment as for torpid liver.

Loss of Appetite. T.—M. P. as for dyspepsia, drink wine glass full of hot magnetized water every half hour for four or five hours. F. C. with hot water, ventilate thoroughly, take S. B. daily, bathe whole body twice a week, avoid highly seasoned food, light diet, fruits and grains.

Voracious Appetite. Cause—Tape worm, diabetis, masturbation, excessive sexual intercourse. T.—Avoid causes, treat the stomach M. P. same as dyspepsia. Apply hands M. P. same as dyspepsia with intention to decrease appetite, give G. T.

Jaundice. S.—Skin yellow, white of eyes yellow, colored urine, white discharges from the bowels, bad taste, constipation, slow pulse, itching skin, colicky pains, stupid mind, drowsiness.

PLATE NO. 7.

Showing Positive Hand over Cervical Plexus.

T.—M. P. as for torpid liver, F. C. thoroughly at least every other night with hot water, plenty of rest in bed.

Gall Stones. S.—Intermittent pain, right side, nausea, vomiting, cold extremities, feeble pulse, exhaustion. The gall stones form in the gall passages and in passing down cause intense pain. The pain is caused by the stones passing from the gall bladder to the duodenum. T.—Heat hands very hot, place P. H. over seat of pain, N. H. on opposite side of body S. C. I. R. for five or ten minutes, then make the passes with both hands downward over the seat of pain, exercising strong intention of forcing the stones out into the duodenum. To prevent gall stones give treatment as for liver trouble, see gall bladder and duodenum, plate No. 3. The hot Sitz B. is good, apply hot, wet cloths to the painful part, drink plenty of hot water, swallow bits of ice to prevent vomiting; rain water should be drank.

Torpid Liver. S.—No appetite, headache, heartburn, vomiting, coated tongue, palpatation of the heart, dizziness, pain in right side, noise in the ears, dry cough. T.—Bring the patient into communication with yourself, place P. H. over C. P., N. H. over first one and then the other lobes of the liver, which are situated one on each side just under the short ribs, see plate No. 7; S. C. I. R. for five or ten minutes, then bring the P. H. down the spine, but leave the N. H. as it was and send the current through in this way for five minutes or longer, then make the long passes down the spine from head to foot both in front and behind. Very light diet, avoid fats, sweets, fried foods and strong drinks, wear wet towel around waist at night, drink plenty of water or lemonade, lemonade is best, plenty of exercise in open air, ventilate thoroughly, M. L. B. thoroughly every day. Hot V. P. or W. S. P. and follow with Spg. B. twice a week. F. C. thoroughly every other night.

Inflammation of the Liver. T.—M. P. same as for torpid liver, apply hot, wet cloths to the liver for thirty minutes, three times a day, other T. same as torpid liver.

Enlargement of the Spleen. S.—Bad health generally, sallow, dry skin, good appetite, but losing flesh, dyspepsia. T.—Same as for torpid liver and dyspepsia, hot V. B. or Sitz B. twice a week, and follow with Spg. B., F. C. thoroughly every other night, diet and other rules same as torpid liver.

Diseases and their Treatment

By Magnetic and Natural Process.

The Respiratory Organs.

Lecture No. Twenty-Nine.

Nasal Catarrh: S.—Chill, some fever, watery discharge from nose, sneezing. T.—With the thumb and forefinger of the P. H. take hold of the nose where the cartilege joins on to the nasal bone, N. H. on back of head, (see plate No. 8), S. C. I. R. from P. H. to N. H., through the diseased part for five minutes or longer; also place a handkerchief over the nostril, N. H. over back of head; then place your mouth over handkerchief and blow long, full breaths into the nostril, through the diseased part, to negative hand, holding the other nostril closed, with fingers of P. H., all the while exercising strong intention to relieve and cure the trouble. This is absolutely the best T., M. P., ever given, and will cure the very worst cases. Ventilate thoroughly, light diet, fruit, grains, vegetables; hot Sitz B. and hot foot bath is good. Drink plenty of hot lemonade, or water, just before retiring at night; F. C. thoroughly with hot water at least every other night, also look after stomach, liver and bowels; if not in healthy condition treat according to rules.

Chronic Nasal Catarrh: S.—Hawking and spitting, impaired smelling; foreheadache, scabs in nose. T.—Same as nasal catarrh, and sponge bath daily, and if head aches, relieve M. P.; also bind cold, wet cloth over forehead over night; hot V. B. once or twice a week; avoid rich foods and strong drinks. Teaspoonful salt dissolved in a pint of magnetized water and snuffed up the nose is excellent. This disease will, in time, effect ear, throat and lungs.

Ozæna: S.—Ulceration with foul smelling discharges. T.—Same as chronic nasal catarrh.

Nose Bleed. T.—To stop it, stand behind patient and make passes as in headache, to relieve pressure of blood in head and stop the flow. If this does not stop it, take hold of the nose as in catarrh, send the current through to N. H. on back of head for a few minutes, then make the passes as in headache, all the time exercising strong intention of stopping the flow, also to magnetize cold water and snuff up the nose and apply to head is excellent, also sit up straight, raise the arms over the head, squeeze the nose, so as to allow a clot to form, place feet in hot water and ice to back of neck.

PLATE NO. 1

Treating Nasal Catarrh by Magnetic Process.

Catarrhal Laryngitis. T.—Same as sore throat.

False Croup. S.—Occurs at night, generally, difficult breathing, dry cough, lasts usually about an hour. T.—M. P. same as sore throat, V. B., cold, wet cloths on throat, F. C. thoroughly with hot water; burn onions on stove and breathe the odor.

Croup. S.—Some fever, cough, hoarseness, difficult breathing, whistling sounds, choking membrane forming, resulting in death if not quickly relieved. T.—Cut in thin slices two or three onions, place on stove and burn them, let patient breathe the fumes, if bad case, hold patient over the burning onions, so as to breathe fumes in full; this is quick relief and in fact I have never known it to fail; M. P. same as sore throat; apply cold cloth to throat, feet in hot water; F. C. hot water, ventilate thoroughly.

Consumption of the Throat. S.—Cough, short breath, difficult and painful swallowing, debility; usually precedes or follows consumption of the lungs. T.—Same as consumption of the lungs.

Loss of Voice. T.—Same as sore throat and consumption of the lungs; light diet, ventilate thoroughly, plenty of exercise in the open air, bathe twice a week.

Bronchitis, Acute or Chronic: S.—Aching pains all over, chilliness; dry, loose cough, no appetite. T.—P. H. over C. P., N. H. over chest, moving it about so as to cover the parts affected; S. C. I. R. for five minutes or longer; also place N. H. over chest, and a handkerchief over C. P.; place your mouth on the handkerchief and blow several long breaths on Cervical plexus, with strong intention to blow the current through to N. H. and relieve the trouble; ventilate thoroughly, plenty of exercise in open air and sun; light diet, fruits, etc.; avoid rich foods and strong drinks; breathe through the nose; hot Sitz B. or V. B. twice a week.

Asthma: S.—Difficult breathing; comes on suddenly; wheezing breath, dyspepsia; flushed face. T.—M. P. same as bronchitis; avoid rich foods and all stimulants; light diet, fruits, etc; ventilate thoroughly; Spg. B. daily; F. C. thoroughly, hot water, also hot Sitz B. with hot cloth on chest and cold cloth on spine is good.

Difficult Breathing: T.—M. P. same as bronchitis; patient should rest; lie or sit in the easiest position, ventilate thoroughly; hot wet cloth on chest; hot Spg. B. twice a day; light diet.

Hay Fever: S.—Cold in head, coated tongue, difficult breathing, sneezing, some fever. T.—M. P. same as nasal catarrh, followed by treatment for headache; hot V. B. is good; ventilate thoroughly; light diet, fruits, grains, etc; breathe through the nose; F. C. thoroughly every other night, hot water.

Whooping Cough: S.—Begins with common cough, increasing to a whoop; fits of coughing may occur every hour or only three or four times a day. T.—M. P. same as bronchitis and sore throat; burn onions on the stove and inhale same as in croup; stay in the house; bathe whole body in hot water daily; light diet, fruits, etc.; avoid meat, rich food, stimulants.

Blood Spitting. S.—Bright red blood from the lungs, no

clots. T.—M. P. same as lung fever, also take 15 or 20 full inspirations in open air night and morning, give G. T., F. C. thoroughly, hot water every other night, perfect rest, ice or cold cloths applied to the chest is good to stop it, ventilate thoroughly, light diet, toast gruels, etc.; avoid rich foods and stimulants.

Cough: T.—M. P. same as bronchitis, sore throat. Burn onions and inhale same as in croup; breathe through the nose, take 40 or 50 long, full breaths in open air three times a day; F. C. thoroughly hot water every other night, exercise strong intention and determination to stop it.

Congestion of the Lungs: S.—Dry cough, bloody phlegm, pain in chest, flushed face, palpatation of the heart, strong pulse, rapid difficult breathing. T.—M. P. same as lung fever, apply hot, wet cloths to the chest, place feet in water as hot as can be borne, full bath in warm water, change position frequently in fevers to prevent congestion, light diet, fruits, etc., avoid hot foods and stimulants, F. C. thoroughly every day hot water.

Lung Fever: S. Chills, fever, rapid pulse, short breath, dry cough, sharp pains in chest, talks in whispers. T.—Place P. H. over Cervical Plexus, N. H. over lungs S. C. I. R. for some time, if any fever remains reduce M. P., see lecture No. 27; if there is severe pain in lungs, heat your hends hot by rubbing together, place P. H. over region of pain, N. H. on opposite side of body, and send the current through the painful part until relieved; bad cases two treatments a day should be given; Spg. B. daily, drink plenty of water, cold, wet H. P. around the chest while fever is high, if legs and feet are cold hot Sitz B., also to cool fever, inject a pint of cold water into the bowels; light covering over the patient; cold W. S. P. is excellent, F. C. thoroughly, tepid water every other day.

Catarrhal Pneumonia: T.—Same as lung fever.

Chronic Pneumonia: T.—Same as lung fever.

Consumption: S.—No appetite, debility, emaciation, cough, night sweats, pain in chest and shoulders, hollow above and sunk in below collar bone, sometimes hemorrhage from lungs, pulse very high, especially in last stages, diarrhœa, and swollen feet indicate last stages, cold hands, feet and dyspepsia indicate beginning. T. —M. P. same as for lung fever, then place handkerchief over C. P., N. H. over lungs, and with the mouth on handkerchief blow several long full breaths sending the current through to N. H. and through the diseased part S. C. I. R., also take 40 or 50 long full breaths in the open air two or three times a day, give G. T., avoid all rich foods, strong drinks and stimulants, ventilate thoroughly, to live in the open air is better, breathe through the nose, plenty of exercise according to strength, Spg. B. daily, light diet, fruits, grains, etc., if hemorrhage occurs treat as directed elsewhere; for night sweats take a quick, hot Spg. B. just before retiring, cover lightly, sip hot water to relieve cough, reduce fever M. P. and use cold W. S. P., for pains in chest apply hot, wet cloth be-

tween shoulders and cold, wet cloth over lungs, change the cloths every five minutes; F. C. thoroughly at least every other night with hot water; F. C. thoroughly and out door life with long and deep breathing will cure any case if not in its last stages.

Pleurisy. S.—Chills, fever, pain in the side, dry cough, difficult breathing, night sweats, palpatation of the heart. T.—Give G. T., reduce fever M. P., rest in bed, light diet, apply hot, wet cloth to the pain, cold, wet cloths over chest, Spg. B. daily, ventilate thoroughly, give two V. B. a week, F. C. thoroughly hot water; apply alternately hot and cold cloths, avoid rich food and stimulants.

Dropsy of the Chest. S.—Difficult breathing, generally follows dropsy of the abdomen. T.—Place P. H. over C. P., N. H. over chest S. C. I. R. for ten minutes, then make the passes with both hands from the head to the waist both in front and behind, give V. B., or hot Sitz B. daily, F. C. thoroughly and frequently, hot water.

—o—

Diseases and their Treatment

By Magnetic and Natural Process.

The Nervous System.

Lecture No. Thirty.

Inflammation of the Brain. S.—Vomiting, headache, dilated pupils of the eyes, spasms, fever, pale face, pain in back like small-pox, stupor, difficulty in swallowing. T.—Place P. H. on forehead, N. H. on back of head, S. C. I. R. through the brain in this way for some time, then make the passes from head to foot, both in front and down the spine, wet cloths in cold magnetized water and apply to head, place feet in hot water, also keep quiet and the room darkened, reduce fever M. P. and inject pint of cold water into the bowels several times a day, if necessary, to assist in reducing fever. F. C. thoroughly hot water daily, light diet, milk toast, gruel, cooked fruit, if legs, hands or feet are cold, apply hot irons, quick hot Spg. B. daily, sponge down the spine with cold water to assist in reducing fever. To stop vomiting, take no food and apply cold cloth under chin and hot, wet cloth on stomach, swallow bits of ice. If the head is tender apply tepid water and let it evaporate. If troubled with sleeplessness take a quick Spg. B. and hot foot bath just before retiring at night and wear wet towel around the head all night, never eat just before retiring, three

hours should elapse after eating before retiring, avoid all rich foods and stimulants.

Meningitis. T.—Same as Inflammation of brain.

Congestion of the Brain. T.—Same as inflammation of brain.

Anaemia of the Brain. T.—Same as inflammation of the brain.

Compression of the Brain. T.—Same as inflammation of the brain.

Apoplexy. S.—Cerebral apoplexy comes on with a pain and constricted feeling in the head, face flushed, dark purple or deadly pale. T.—Place P. H. on forehead, N. H. on the back of neck, S. C. I. R. then make the passes downward from head to foot, both in front and down the back, these downward passes should be made with strong intention of drawing the blood pressure from the brain. Patient should be in a cool, quiet place, head raised, apply ice to the head and hot foot bath, loose clothing, keep feet and hands hot, head cold, patient should lay on side, sponge with cool water, to assist in reducing fever, also reduce fever M. P., F. C. hot water every other day, the paralyzed muscles should be massaged twice a day for ten minutes at a time, ventilate thoroughly, if the bladder does not empty itself two or three times a day use a catheter. Light diet, rice, barley, mush, cooked fruits, avoid meat, rich foods, and all stimulants, patient should be kept quiet, no visitors allowed, daily bath should be given, daily S. B. if possible.

Cerebral or Spinal Apoplexy. S.—In spinal apoplexy there is sudden and complete paralysis. T.—For both is the same as for apoplexy.

Tumors of the Brain. S.—Headache, defects of vision, hearing, taste and speech, dizziness, spasms, palsy, vomiting. T.—Same as inflammation of the brain.

Loss of Speech. T.—Give G. T., and F. C. thoroughly with hot water every other night.

Swimming of the Head. T.—M. P. same as apoplexy, plain, simple, diet, avoid all rich foods and stimulants, ventilate thoroughly, F. C. hot water every other night.

Sick Headache. S.—Mental depression, noise in the ears, bilious, vomiting. T.—Always ascertain the cause, and give treatment to remove, heat hands very hot by rubbing together, place P. H. over forehead, N. H. on the back of the head, see plate No. 9, S. C. I. R. for five minutes, then stand behind your patient and make the passes with both hands from the forehead, back over the head and down behind the ears, and off over the shoulders, when you get close to the points of the shoulders, give your hands a quick flip at the same time exercising strong intention to draw the pain out of the head, and off at the shoulders. If the pain should be in any other part of the head except the forehead, place P. H. over the seat of pain and N. H. on opposite side of head, very light diet,

PLATE NO. 9.

Treating for Headache by Magnetic Process.

total fasting is better, avoid rich foods and all stimulants, bathe whole body twice a week, a hot Sitz B. is good to assist in relieving, F. C. thoroughly, and frequently until relieved, then every other night, hot water. Give G. T. and especially treat liver and constipation.

Drunkenness. T.—Keeley and other gold cures should never be taken, they have ruined hundreds of people, have caused many to become insane and paralyzed. In the treatment for this disease, all meat, greasy and rich foods, and condiments such as pepper, mustard, horse-radish, catsup, vinegar and salt should be completely abandoned. Too much salty food is one great cause of so much drunkenness, it irritates the stomach and causes thirst and a demand for strong drink. M. P. hypnotize the patient according to rule on page 37, then give the suggestions of health, that their body is building up and getting stronger and that they are losing their appetite for the stuff, that they will not want as much the next day as they did the day before, and that they will find themselves getting rapidly stronger, their complexion getting clearer and that they are getting in the condition that they hate the sight of it, and that it makes them sick to take it, give the patient G. T. with strong intention to build up and strengthen his whole body, gradually reduce the amount of whiskey taken each day, until he has no further desire for it. Patient should be treated M. P. once or twice a day. A good vapor bath, followed by quick Spg. B. at least three times a week; F. C. thoroughly every day for awhile and then every other day, hot water. If these rules are followed out, the worst case on earth can be cured and the patient will take on strength, and build up from the start, whether you can hypnotize them or not.

Delirium Tremens. T.—Same as for drunkenness, rest in bed, dark room well ventilated, no visitors, patient should not be tied if can be avoided; apply ice to the head, give hot W. S. P., F. C. thoroughly, hot water.

Morphine or Opium Habit. T.—Hypnotize the patient and give suggestions that they cannot use it without it making them sick and that it will not taste good, etc., same as in drunkenness. Patient should be hypnotized once a day, G. T. once a day, reduce the amount of the drug taken, a very little each day, give a wine glass full of strongly magnetized water every four hours, should be magnetized for the purpose of building up his system and killing the habit or taste, otherwise T. same as for drunkenness, especially V. B., Spg. B., the dose of the drug should be gradually reduced and frequent hot V. B. or W. S. P. to get all the poison out of the system, if these rules are followed, the very worst cases can be cured, provided they want to be cured, whether you can hypnotize them or not.

Tobacco Habit. T.—Same as for drunkenness or morphine habit, no patent medicines should be taken to cure this habit, because the poisons from these medicines has a bad effect upon the

system. A daily hot Sitz B., hot V. B. or hot W. S. P., should be taken to get the poison completely out of the system, also F. C. thoroughly hot water, every other night for a month, plenty of exercise in open air for at least two hours every day, ventilate thoroughly. In the treatment of drunkenness, morphine and tobacco habits, the first step should be, the hot bath to get the poison out of the system, the G. T., then hypnotize patient, etc.

Sunstroke. T.—Place patient in cool place, apply ice to the head or cold water, pour it on head. Legs and arms should be kept warm, if high fever reduce M. P. and apply ice to the spine, and F. C. cold water or wrap in a cold, wet sheet, give G. T.

Acute Hydrocephalus. S.—Comes from Bright's disease or general dropsy, vomiting, convulsions, passing into stupor and death. T.—Apply cold to the head, then hot to feet and hands, hot W. S. P. daily, give G. T., otherwise T. same as Bright's disease.

Chronic Hydrocephalus or Water on the Brain. S.—Big head, prominent eyes, emaciation. T.—Same as for acute hydrocephalus and sick headache.

Chronic Poisoning from Mercury. S.—Inflammation of stomach, sores in mouth, diarrhœa, bad breath, palsy. T.—Give G. T., including T. for headache, light diet, cooked fruits, etc., avoid meat, rich foods, pastries, and all stimulants. Hot Sitz. B. every other day and hot W. S. P. other days, F. C. thoroughly hot water every day.

Chronic Lead Poisoning. S.—Dull skin, derangement of digestive organs, dry mouth, sweet taste, coated tongue, bad breath, scanty urine, cold sweat, pain in abdomen. T.—Give G. T., remove cause far as possible, if lead paralysis follows, use massage to effected part; F. C. thoroughly hot water every day, ventilate thoroughly, Spg. B. daily, otherwise T. for poisoning from mercury.

Chronic Poisoning by Arsenic. T.—Same as for chronic poisoning from mercury.

Spinal Meningitis. S.—Constipation, coated tongue, hot, dry skin, great thirst; rush of blood to the head, eyeballs blood shot, pupils contracted, symptoms of delirium, nausea and vomiting, sometimes spasms, shooting pains, upper part of spine congested, muscles in region of Cervical contract at times, so as to draw the head back. T.—Reduce fever M. P., and treat for constipation, revulse the muscles of the head and neck with intention of releasing the circulation and inducing relaxation, manipulate spine vigorously. Perfect rest in bed, give G. T., light diet, milk toast, etc.; ventilate thoroughly, cold W. S. P. to assist in reducing fever, hot and cold cloths alternately on spine for 30 minutes each, F. C. thoroughly, hot water frequently. If bladder is not emptied two or three times a day use a catheter; avoid solid food and stimulating drinks.

Inflammation of the Spinal Cord. T.—Same as for spinal meningitis.

Infantile Paralysis. S.—Sudden loss of use of leg, arm or one side of body. T.—Give G. T. and T. for headache; perfect rest in bed, ice to the spine to stop inflammation; after inflammation is stopped, apply hot and cold cloths to the spine alternately; light diet, fruit, grains, ventilate thoroughly, massage the muscles twice a day, F. C. daily hot water.

Muscular Atrophy or Wasting Palsy. S.—Begins in arm, then shoulder and back, resulting in paralysis. T.—Give G. T.; massage the muscles twice a day, ventilate thoroughly; light diet; V. B. every other day, followed by quick Spg. B.; F. C. hot water, apply alternately hot and cold wet cloths to the spine.

Lateral Sclerosis. S.—Legs get weaker and weaker, until complete paralysis results. T.—Same as for muscular atrophy. If caused by drug poisons, syphilis or alcohol, give hot W. S. P. every other day aad F. C. hot water every other night.

———o———

Diseases and their Treatment

By Magnetic and Natural Process.

The Nervous System (Continued).

Lecture No. Thirty-One.

Locomotor Ataxia. S.—Weariness in lower limbs, frequent attacks, severe pain in lower limbs, and lower half of the trunk, dimness of vision, unsteady gait, disease progresses slowly, often loss of sexual power. T.—Give G. T., complete rest, daily Spg. B. apply alternately, hot and cold cloths to the spine for 30 minutes each, two hours every day; massage affected muscles, ventilate thoroughly, light diet; F. C. thoroughly, hot water every other day, and hot W. S. P. twice a week.

Ataxic Paraplegia. S.—Begins slowly, trembling and aching in lower limbs, loss of sexual power, knee jerk, inability to hold urine, gradual paralysis of lower half of body. T.—Same as locomotor ataxia.

Multiple Neuritis. S.—Numbness, loss of power to move hands or feet, paralysis of various muscles, loss of feeling, the inflammation of many nerves at once. T.—Discover the cause, if possible, and remove by proper treatment, complete rest is very beneficial, give general treatment and treat especially the affected part, F. C. every other day, V. B. twice a week, followed by quick Spg. B.

Sciatica. S.—Great pain, sometimes intermittent, generally worse at middle of thigh, back of the knee and on top of the foot, dull, heavy ache, sometimes cramp of the leg. T.—Place P. H. over S. P., and with the N. H. take hold of the foot of the side that is effected, throw the current down the limb through the diseased part for five or ten minutes, then make passes from the S. P. down over the limb that is affected to the bottom of the feet, also give G. T., bandage the leg in hot, wet towels leave all night, take hot Sitz B. next morning, W. S. P. or hot V. B. twice a week, rub the limb vigorously with the hand from the S. P. down to feet, ventilate thoroughly, light diet, avoid sweets, fats, rich food, pepper and vinegar, mustard and other condiments; F. C. thoroughly every other day, hot water.

Sciatica of the Arm. S.—Pain above collar bone under shoulder blade in arm pit and down the arm, dull pain in the whole arm. T.—Place P. H. over B. P. and with the N. H. take hold of the hand of the affected arm, see plate No. 10, throw the current down the arm through the diseased part for several minutes, then make the passes with both hands from the B. P. down over the arm that is affected to the hand, complete rest is good, W. S. P. every other day, F. C. hot water every other day, avoid rich foods, and all stimulants, also rub arm after tenderness is gone from B. P. down to hand.

Neuralgia. S.—Darting intermittent pains, finally constant, skin insensible. There are two kinds, neuralgia of the face, back and top of head, down the arm, in the ribs, small of back, in front of thigh and at lower end of spinal column. This is superficial neuralgia. The deep neuralgia is of heart, stomach, womb, ovaries, urethra, bladder, rectum, kidneys and testes. T.—Heat hands hot by rubbing together, place P. H. over seat of pain, N. H. on opposite side of head, body or limb; S. C. I. R. as in other cases, through the painful part, for five minutes or longer, after which make the passes with both hands to draw off the pain, always rubbing in the direction of the circulation. If this does not relieve, which is seldom the case, magnetize a cloth, several folds in thickness, also one gallon of water; then heat the water hot, wring the cloth out of the water and apply to the painful part, as hot as can be borne, changing the cloth as often as it becomes cool; give G. T.; also hot Sitz B. is good to relieve, also rubbing with the hands is good, always in the direction of the circulation. If in the head, relieve by treatment for headache, and also wrap the head in a blanket wrung out of magnetized hot water. Towels wrung out of cold water and applied to the spine is also good to relieve; ventilate thoroughly, avoid all causes as far as possible; plain, simple diet; avoid fats, sweets, rich foods, peper, vinegar, mustard, and other condiments; Spg. B. daily; take S. B. several times a week; F. C. thoroughly in hot water every other day.

Paralysis of the Face. T.—Place P. H. on forehead, N. H. on back of head, throw the current through the brain for ten or

PLATE NO. 10.

Showing Positive Hand over Brachial Plexus.

fifteen minutes, then make vigorous passes or strokes down the spine with both hands, if the arm is affected, make the passes from B. P. down the arm to hand, if lower limbs are affected, after sending the current, rub from the S. P. down over limb, give G. T., F. C. thoroughly every other day hot water, light diet, fruits, grains, no meat, massage affected muscles several times a day by rubbing and pinching them, ventilate thoroughly.

Shaking Palsy. S.—Trembling in hands, arms or legs. T.—Complete rest for body and mind, give G. T., if in arms or lower limbs observe instructions under paralysis of face, ventilate thoroughly, hot Spg. B. daily, light diet, fruits, grains, avoid rich foods and stimulants, massage affected muscles, F. C. daily hot water and treat for constipation, if in lower limbs apply hot cloths to lower part of spine, if in arms, hot cloths between the shoulders and renew every few minutes.

Paralysis of the Lower Limbs. T.—Same as for shaking palsy.

Wasting of One Side of the Face. T.—Same as for paralysis of face.

Epilepsy. S.—Sudden falling, loss of consciousness, spasms, frothing at the mouth, white face. T.—Remove the cause, if possible, M. P. same as apoplexy, during fit apply cold water on head, just before attack comes on patient should put his hands in cold water, this may prevent; light diet, fruits, grains, etc., avoid meat, rich food, stimulants, Spg. B. daily, F. C. thoroughly, hot water every other day, sleep plenty, exercise open air, light supper, ventilate thoroughly.

Hysteria. S.—Patient talks excitedly, laughs, crys, groans, sobs, sometimes loss of consciousness. T.—Give G. T., remove the cause as far as possible by proper T., loosen the clothing, ventilate thoroughly, apply hot, wet cloths to spine, M. P. for torpid liver and dyspepsia, F. C. thoroughly hot water every other day.

Nervous Prostration. T.—Give G. T., avoid all causes as far as possible, take Spg. B. daily, plenty of exercise in open air, ventilate thoroughly, eat nothing between meals, hot Sitz B. twice a week, F. C. hot water every other day.

Goitre. S.—Enlarged glands on front of neck. T.—Heat hands very hot by rubbing together, place P. H. over goitre, N. H. on back of neck, S. C. I. R. for ten minutes or longer, then stand in front of your patient and make the passes with both hands from above down over the goitre; complete rest body and mind, and otherwise follow treatment for nervous prostration.

Lock-Jaw. S.—Sudden stiffness of jaws and neck, difficult swallowing, spasms, great pain. T.—Complete rest; place P. H. over mouth, N. H. over back of head, S. C. I. R. for ten minutes or longer, give G. T.; apply ice along the spine; full hot bath; ventilate thoroughly; F. C. hot water frequently.

Writers' Cramp. S.—Stiffness, pain, cramping and maybe

paralysis of muscles. T.—Give G. T.; complete rest, give massage with hot application to affected part; F. C. hot water.

Cramp. S.—Contracting of muscles with great pain. T.—Place feet in hot magnetized water and give a brisk, vigorous G. T., exercising strong intention to force perspiration, wear flannel next to skin. In giving T. apply rapid friction with intention to restore normal circulation; if in foot or hand, may sometimes be cured by pushing against some hard object. Apply hot wet cloths; hot Sitz B. is good; if in stomach heat hands hot, place P. H. on seat of pain; N. H. on opposite side of body, S. C. I. R. for some time; F. C. hot water every other night, and you will never have it.

Wry Neck. S.—Twisting head out of natural position, jerking of neck, all or part of time. T.—Same as nervous prostration. If rheumatic in origin, give hot Sitz B.

Uræmic Convulsions. S.—Partial or total loss of sight; severe intermittent fits, something like epilepsy. T.—Give G. T., and especially treat the kidneys; place body in hot bath and cold water on head; F. C. hot water.

Lumbago: S.—Pain in back, increased by exercise, sometimes sciatica. T.—M P. same as neuralgia, complete rest, hot Sitz B. twice a day and apply hot, wet cloths, F. C. hot water, very light diet, massage and rub affected part, hot, wet towel around small of back all night for several nights.

Intercostal Neuralgia. S.—Deep breathing, laughing, coughing, sneezing, very painful, pain in chest on one or both sides. T.—M. P. same as neuralgia, hot, wet cloth to spine, opposite affected part, F. C. hot water.

Headache. T.—Same as sick headache, see plate No. 9, give G. T., and treat for torpid liver and constipation.

Spasms of the Face. S.—Twitching muscles of face and head. T.—Same as for nervous prostration.

Sleeplessness or Insomnia. T.—Remove cause so far as possible by proper treatment, give G. T., plenty of exercise just before retiring at night, a cool Spg. B. or warm bath just before going to bed is good, throw off bed clothes and expose naked body to the air a few minutes, at same time gently rubbing the skin is also good; take long, deep breaths slowly is also good to promote sleep; ventilate thoroughly, plenty of exercise just before retiring is the best.

Sleep Walking or Somnambulism. T.—Same as for nervous prostration and dyspepsia, give G. T., F. C. thoroughly in hot water every other night, plenty of exercise just before retiring, place a strip of tin or wet carpet near the bed and when the person gets up and puts their feet on this it will wake them up.

Hypochondria. S.—Mental anxiety in regard to health, false belief as to the presence of disease, undue attention to every little symptom. T.—Remove all causes by proper treatment for any actual ailment, give G. T. daily, Spg. B., plenty exercise open air, light diet, fruits, avoid all rich foods and stimulants, keep em-

ployed so as to divert the mind from the disease, when there is nothing really the matter with the patient, endeavor to convince them of this fact, F. C. every other night in hot water.

———o———

Diseases and their Treatment

By Magnetic and Natural Process.

The Blood and Blood Vessels.

Lecture No. Thirty-Two.

Acute Pericarditis or the Inflammation of the Heart. **Case.** S.—Acute pains in region of heart, very tender, causes pain to lie upon left side, symptoms something like pluerisy, rapid pulse often, heart sometimes inflammed. T.—Heat the hands hot by rubbing, place P. H. over region of heart, N. H. opposite side of body, S. C. I. R. for ten minutes, then place P. H. on C. P., N. H. over the heart, S. C. I. R. for five minutes or longer, then place a handkerchief on the C. P., N. H. over region of heart and with your mouth on handkerchief over C. P. blow several long, full breaths with strong intention to relieve and cure, then make vigorous passes with both hands from the head down the back to the bottom of the spine; perfect rest in bed, perfect quiet, very light diet, no meat, rich foods or stimulants, also to relieve pain apply hot, wet cloths to pain; sponge with tepid water to cool fever, cool W. S. P. daily to reduce inflammation; hot W. S. P. and the hot Sitz B. should be used alternately every other day, ventilate thoroughly, F. C. hot water every other day.

Chronic Pericarditis. S.—Pain and distress in region of heart, feeble, pulse irregular, difficult breathing, rough sound of the heart. T.—Same as for acute pericarditis.

Dropsy of the Heart. T.—Same as for acute pericarditis.

Inflammation of the Lining Membrane of the Heart. S.—Palpitation, rapid pulse, vomiting, fever, noise in ears, difficult breathing. T.—Same as acute pericarditis.

Valvular, Disease of the Heart. S.—General dropsy, liver, kidney and stomach troubles, difficult breathing, palpitation. T.—Give G. T. and M. P., treat for kidney, dropsy, liver and stomach troubles; complete rest body and mind, avoid drugs, rich foods and all stimulants and sexual excesses, F. C. thoroughly in hot water every other day.

Dilatation of the Heart. S.—Feeble pulse, cough, kidney, stomach and liver troubles, inability to lie down, finally dropsy. T.—Same as for valvular disease of the heart.

Fatty Degeneration of the Heart. S.—Easily fatigued, difficult breathing, cold feet, short breath, faintness. T.—Remove cause as far as possible by proper treatment; M. P. same as acute pericarditis, give G. T., and avoid all rich foods, fats and sugars, and stimulants, light diet, moderate exercise, ventilate thoroughly, Spg. B. daily, hot Sitz B. or W. S. P. twice a week, very plain diet, F. C. thoroughly every other night, avoid all excitement and undue exercise and avoid especially alcohol, tobacco, tea and coffee.

Palpitation of the Heart. T.—Remove cause as far as possible by proper treatment, T. same as acute pericarditis, cold, wet cloth over the heart, and press strongly on the large arteries on the side of the neck to relieve attack; to prevent it in future give T. for nervous prostration and dyspepsia, F. C. thoroughly every other night.

Rapid Heart. T.—Same as for palpitation.

Rupture of the Heart. S.—Irregular, rapid pulse, restlessness, intense pain, cold skin, vomiting. T.—Same as fatty degeneration of the heart, complete rest.

To Relieve Pain in any Part of the Body by Magnetic Process. T.—Heat hands very hot by rubbing them briskly together, place P. H. on region of pain, N. H. on opposite side of body, head or limb, send the current with strong intention to relieve the pain, heat hands frequently and apply.

Slow Heart. T.—Remove the cause as far as possible by proper treatment, M. P. same as acute pericarditis, sending the current with strong intention to accelerate the movement, also give T. as for nervous prostration, hot Sitz B. and hot, wet cloths over the heart will assist in relieving, Spg. B. daily, complete rest lying down, plain, simple diet, F. C. every other night.

Irregular Pulse. T.—Remove the cause by proper treatment for the various diseases, complete rest, body and mind, M. P. same as acute pericarditis, F. C. every other night.

Neuralgia of the Heart. S.—Great pain, region of the heart, extending across chest, and to left shoulder, faintness, pale face, frequent and excessive urine. T.—Remove cause by proper treatment, M. P. same as acute pericarditis, T. same as nervous prostration, pour cold water on head, hot foot bath to feet, and warm the legs and hands to relieve, magnetize warm water with intention to make them vomit and give every two hours.

Aneurism. S.—Heart trouble, tumor or swelling generally inside of the chest, sometimes mistaken for an abcess. T.—Place P. H. on C. P., N. H. over region of trouble, S. C. I. R., then make the passes both in front and behind, F. C. every other night, complete rest in bed, very plain, simple diet.

Inflammation of the Veins. S.—Swelling and redness along the veins, pain on pressure. T.—Give G. T., apply cold,

wet cloths and cool W. S. P. twice a day, complete rest, ventilate thoroughly, F. C. every other night with hot water.

Varicose Veins. S.—Veins greatly dilated, piles and varococele are varieties of this disease. T.—Give G. T., and especially treat for constipation, remove cause by proper treatment, complete rest, avoid rich foods and all stimulants, otherwise T. as for inflammation of the veins, avoid cutting and the wearing of rubber bandages, as they are all injurious, very simple diet, fruits and vegetables, plenty of exercise, walking is best every day; pregnant women cannot be completely cured until after confinement, rub the veins thoroughly with the hands, night and morning always rubbing upward.

Anaemia. S.—Pale face, cold hands and feet, weakness, general debility. T.—Remove the cause by proper treatment, if possible; give G. T., plenty of sleep, ventilate thoroughly, exercise according to strength, two hours every day, take S. B. and quick Spg. B. daily; if unable to exercise, then have massage for half hour daily, light diet, fruits, grains, vegetables; in giving G. T. treat especially for dyspepsia and constipation, avoid all rich food and stimulants, hot Sitz B. twice a week, F. C. every other day.

Green Sickness. S. and T.—Same as anaemia.

Pernicious Anaemia. S.—Pregnancy and syphilis is the usual cause. T.—Same as for anaemia, complete rest.

Scurvy. S.—Anaemia, general debility, swollen gums, dry, rough skin, spirits depressed. T.—Give G. T. and V. B., followed by Spg. B. once a week, eat fruits and vegetables, F. C. every other night, take a daily bath, ventilate thoroughly.

Impure Blood. T.—Give G. T. with strong intention to purify the blood, plenty of pure air, water and food, alone will cure, drink a teacupful of hot water an hour before each meal, V. B. followed by Spg. B. once a week, F. C. hot water every other night.

Diseases and their Treatment

By Magnetic and Natural Process.

The Kidneys and Bladder.

Lecture No. Thirty-Three.

Congestion of the Kidneys. S.—Abundant pale, scanty urine, pain over kidneys, constant desire to urinate, sometimes blood in urine. T.—Heat hands hot by rubbing, place P. H. over kidneys, N. H. on opposite side of body, on lower part of abdomen, S. C. I. R. for five minutes or longer; hands should be heated and applied frequently, then make the passes with both hands, beginning above the affected part, rubbing down the spine, over the region of the trouble, all the time exercising strong intention to stimulate the circulation and to correct the deranged condition; drink teacup full hot water, one hour before each meal; W. S. P. or hot bath twice a week, light diet, fruits, grains, vegetables, avoid rich foods and stimulants, F. C. every other night, then inject from one pint to one quart of water into the rectum and leave it there, it will pass through the kidneys before morning.

Acute Bright's Disease. S.—Pain in kidneys, fever, highly colored urine, dropsy, anaemia. T.—Same as congestion of kidneys, also apply hot, wet cloth over pain, hot Sitz B. daily, avoid meat, or rich foods and stimulants, drink pure water.

Chronic Bright's Disease. S.—General debility, palpitation, vomiting, dizziness, impaired sight, dropsy, neuralgia pains, scanty urine. T.—Remove cause by proper T., give G. T. and M. P. same as congestion of kidneys, hot V. B. or W. S. P. twice a week. If dropsy is bad, give V. B. daily, followed by Spg. B., light diet, fruits, grains, S. B. daily, ventilate thoroughly, relieve vomiting by swallowing bits of ice, with cold, wet cloth under chin, drink teacup full hot water one hour before each meal, avoid all rich foods and stimulants; plenty exercise open air.

Uraemic Poisoning. S.—Vomiting, itching skin, fits like epilepsy, fever, drowsiness, sometimes dropsy. T.—Give G. T. and T. for the S. in the order as they appear; for fits give full hot bath and pour cold water on head, following with hot V. B. or W. S. P., reduce fever M. P. and sponge with cool water to assist, otherwise diet and rules for chronic Bright's disease.

Gravel of the Kidney. S.—Great pain, small of back, extending to thigh, pain in testicles on same side, pain sometimes, causes fits; constant desire to urinate, blood in urine. T.—Treat symptoms in order as they appear; M. P. same as congestion of kidneys; place patient in tub half full of water, hot as can be borne,

drink several cups of hot water, apply hot cloths to pain, F. C. hot water; to prevent, Spg. B. daily, plenty of exercise, open air, ventilate thoroughly, light diet, avoid all rich foods and stimulants, drink soft water, either filtered or boiled.

Hemorrhage of the Kidneys or Bladder. S.—Bloody urine. T.—Same as for gravel of the kidneys, except use the word cold where the word hot is used in gravel T.

Catarrh of the Bladder. S.—Frequent urinations, chilliness, pain lower part abdomen, burning sensation along uthera, urine cloudy. T.—Place P. H. low down on spine, N. H. low down on abdomen in front, S. C. I. R., give G. T., avoid all rich foods and stimulants, and condiments, such as pepper, spices, mustard, vinegar and salt, Spg. B. daily, hot Sitz B. or W. S. P. once a week; F. C. every other night, or oftener if necessary, and then inject from a pint to a quart of water, strongly magnetized, into the rectum and let it stay over night; if necessary draw off urine with catheter, drink soft, pure water.

Irritability of Bladder. S.—Frequent urinating, desire to urinate after bladder is emptied, smarting pains in urinating. T.—Same as catarrh of bladder.

Paralysis of the Bladder. S.—Severe pain in bladder, caused by undue retention of urine. T.—M. P. same as catarrh of bladder and otherwise as for paralysis of lower limbs, directions elsewhere.

Gravel or Stone in the Bladder: S.—Same as irritability of bladder, sudden stoppage while urinating. T—Remove cause as far as possible by proper T.; otherwise T. same as for catarrh of bladder; hot W. S. P. once a week is good; daily Spg. B. and plenty of exercise.

Inability to Hold Urine: T—Same as catarrh of bladder, and paralysis, elsewhere; give G. T. and especially T. for torpid liver.

Retention of Urine: T.—M. P. same as catarrh of bladder, exercising strong intention to cause urination, hot Sitz B. or hot wet cloth over lower abdomen is good.

Suppression of Urine: T.—M. P. same as catarrh of bladder, give G. T., hot wet cloths over kidneys for one hour is good; hot V. B. or W. S. P. every day; F. C. every day if not relieved; apply ice and hot wet cloths alternately to kidneys 15 minutes each, repeat twice; otherwise T. as for congestion of kidneys.

Painful Urination: T.—M. P. same as catarrh of bladder, Sitz B. daily, F. C. every other night, followed by injection of one pint to a quart of water into the rectum and leaving it over night; avoid highly seasoned foods and all stimulants.

Diabetes. S.—General debility, emaciation, urinating large quantities, sugar in urine. Test, for sugar, place a tablespoon full of urine in bottle, add equal quantity of strong solution caustic potash, to this add strong solution sulphate of copper, drop by drop

till the blue precipitate which is formed is no longer dissolved, then heat to boiling point and if sugar is present the blue color will change to yellow or orange. T. —Same as for dyspepsy, nervous prostration, and anaemia, as directed elsewhere, except omit anything that does not harmonize with the following; avoid all sweets and starchy food, eat all kinds of meat, but little bread, Spg. B. daily, hot Sitz B. once a week.

Diabetes Insipidus: S.—Great thirst, passing great quantities of urine, from one to five gallons a day; one to three quarts is the normal quantity. T.—Place P. H. over kidneys, N. H. low down on abdomen in front, S. C. I. R., give G. T., F. C. daily and inject one pint of water into the rectum and leave it there, drink little, light diet, fruits, grains, vegetables, avoid rich foods and stimulants, also avoid ice drinks and foods, Spg. B. daily and a hot V. B. twice a week, ventilate thoroughly.

—o—

Diseases and their Treatment

By Magnetic and Natural Process.

Fevers.

Lecture No. Thirty-Four.

All Fevers. Are treated pretty much in the same way. The best plan is to first reduce the fever, as directed in Lecture No. 27, and if the fever should be hard to reduce: 1st. Sponge the whole body except arms and legs with cool water. 2nd. Wrap cool, wet sheet around the body, hot iron to the feet, cold cloth on head. 3rd. Pour cold water on head, holding the head over edge of bed. 4th. Inject from a pint to a quart of cold water into the bowels, water should be ice cold in high fevers. 5th. Put whole body up to chin in cold water, or put body in tepid water, and cool the water by pouring ice water into it, this is better. 6th. Cold, wet cloths on the bowels and chest and sponge down the spine. 7th. Give ice water to drink, in addition to reducing fever M. P., as directed in lecture 27. The above seven methods are splendid. A person with fever should drink all the water they want with lemon juice. In beginning of treatment it is best not to eat anything for 24 to 48 hours, then very light diet. Ventilate thoroughly, let plenty of sunshine in the room, light covering on patient, no visitors, never whisper in the room, when necessary to speak, talk loud, keep room cool, daily hot Spg. B., is good in all cases of

fever. Treat all symptoms in the order as they appear, as directed in this book. Relieve delirium by ice or cold, wet cloths on head, pain in back or leg is relieved by warm bath and hot sponging, sit in cold water to stop bleeding of the bowels. F. C. every day, tepid water, avoid all rich foods and stimulants. The contents of the chamber of a patient, suffering with contagious or infectious dis ease, should not be put in common privy or water-closet. Its contents should be buried in the earth at a safe distance from any well or cistern. Every family should have a fever thermometer, 98 degrees is normal temperature, one degree above that is slight fever, three degrees, moderate fever, four to seven, high fever, hold the thermometer in mouth. Be sure to shake the mercury down to 98 before using it. In the treatment of fever, very light diet should be observed in all cases, but I have found, where the patient craved some certain food, no matter what it was, that to let them have a little of it was advantageous. F. C. frequently with tepid water is of great advantage. Fresh, soft water is best to drink, no drugs or stimulants.

Simple Fever: S.—Fever, headache, coated tongue, scanty, colored urine, chill. T.—To reduce M. P., see lecture 27, give G. T., and especially M. P.; treat liver and for constipation. Fast 24 to 48 hours, hot Spg. B. to assist in reducing, sponge with cool water, F. C. hot water daily.

Grip. S.—Chill, fever, whole body aching, watery nose and eyes, no appetite, general debility. T.—Same as simple fever, and also burn onions on stove and let patient inhale odor; drink hot water and take foot baths.

Typhoid Fever. S.—Somewhat same as simple fever. T. —Same as simple fever, F. C. frequently, hot water, hot W. S. P. daily for two weeks and otherwise follow out rule under "All Fevers," drink plenty of lemonade, no solid food for a month or two, cold, wet cloths on abdomen to assist in reducing fever and to avoid hemorrhage.

Typhus Fever. S. and T.—Same as "Typhoid Fever."

Cerebro Spinal Fever. S.—Same as spinal meningitis, except this is epidemic with eruptions on skin. T.—Same as spinal meningitis, and observe rules under "All Fevers."

Bilious Typhoid Fever. S.—Begins suddenly, high fever, no eruptions. T.—Same as for "Typhoid Fever."

Ague or Chills. S.—Cold, hot, sweating, every one, two, three or four days, headache, fever. T.—M. P. same as simple fever, eat nothing the day of chill, hot Sitz B. or hot W. S. P. for an hour on the well day, diet, sour fruits, when cold drink hot water, Spg. B. in the hot stage, do nothing while sweating, otherwise follow directions under "All Fevers."

Bilious Fever. S.—Same as "Ague or Chills," headache, vomiting, coated tongue. T.—Same as "Typhoid Fever," reduce fever M. P. and use cold W. S. P. to assist; hot V. B. or hot Sitz B., where fever is lowest or absent to remove the poison.

Typho-Malarial Fever. S.—Typhoid fever complicated with malaria. T.—Same as "Typhoid."

Congestive Chills. S.—Violent chills, extreme coldness, sometimes fits, hemorrhage or vomiting. T.—Same as "Ague and Chills" except much more vigorous, during chill drink hot water, rub skin of body vigorously, always in the direction of the circulation; cold cloth or ice to head.

Yellow Fever. S.—There are three stages of this disease, first, high fever and delirium one to three days, second, no fever one to four days; third, complete colapse, high fever, yellow skin, sometimes black vomit. T.—Reduce fever M. P., give G. T., and especially treat liver, stomach and bowels; F. C. hot water several times a day, apply ice to head and M. P. reduce pain in head, take nothing in the stomach but water till the patient begins to get better, then gruel, etc., otherwise follow directions under "All Fevers."

Break-Bone Fever. S.—Usual fever symptoms, aching, soreness and joints swollen. T.—Give G. T. and otherwise follow directions under "All Fevers," F. C. daily.

Scarlet Fever. S.—High fever, followed by bright scarlet rash on neck and chest in 24 hours from beginning, which covers the whole body in a few hours. T.—Give G. T., and otherwise follow directions under all fevers, thoroughly disinfect room of patient, remove all carpets, curtains and useless furniture from rooms, hot Spg. B. twice a day, no visitors; after recovery, burn two pounds of sulphur in the room tightly closed, leave closed 24 hours, scrub or repaper walls of room.

Measles. S.—Something like severe cold, eruptions on neck, red spots, eruptions go away in five or six days, give G. T., F. C. thoroughly every day hot water; place patient in hot, wet sheet or give full hot bath to bring out measles, drink cold water, eat little, hot Spg. B. daily, ventilate thoroughly, burn onions on stove in room.

German Measles. S. and T.—Same as "Measles."

Small-Pox. S.—Vomiting, chill, great pain in back, general prostration, eruption third day, blisters the sixth, puss forms the eighth day with point of cone depressed. T.—Give G. T., and especially treat the patient by Mental Science, otherwise follow the rules under "All Fevers," if necessary, tie hands to keep from scratching, cover the face and hands with magnetized water to prevent pitting, keep them covered with cloths frequently dipped in strongly magnetized water, water should be magnetized for the purpose, ventilate thoroughly; if the nurse has been in the habit of thoroughly flushing the colon every other day and the room is kept well ventilated, there will be little danger of catching the disease.

Chicken-Pox. T.—Give G. T. and observe rules under "All Fevers," F. C. daily.

Erysipelas. S.—High fever, skin swollen and red, eyes sometimes swelled shut, nausea. T.—Never use drugs in any way

shape or form, give G. T., reduce fever M. P., and otherwise observe rules under "All Fevers."

Rose Rash. T.—Same as Measles.

Diphtheria. S.—General prostration, some fever, enlarged glands of throat and back of neck, grayish white false membrane in the throat, give G. T., and reduce fever M. P., burn onions on stove and inhale odor, F. C. thoroughly hot water three or four times a day, keep feet and hands hot, ice or cold cloths to the throat, alternately with hot or wet cloths for ten minutes at a time, place small lumps of ice far back in the mouth, daily hot Sitz B. or hot Spg. B., complete fast till danger is over, otherwise follow rules under "All Fevers." As a disinfectant, swab the throat with strongly magnetized water every half hour, magnetized for the purpose.

Mumps. S.—Very painful swelling just below the ear, relieve pain and reduce fever M. P. and apply cloths wet in cold magnetized water, give G. T., and otherwise follow rules under "All Fevers;" if they go down into the scrotum, complete rest in bed and apply cloths wet in cold magnetized water to the parts.

———o———

Diseases and their Treatment

By Magnetic and Natural Process.

Unclassified Diseases.

Lecture No. Thirty-Five.

Acute Rheumatism. T.—Same as chronic rheumatism.

Chronic Rheumatism. T.—If the trouble is in the arms, or one arm, place P. H. over B. P., and with the N. H. take hold of the hand of the arm that is affected and S. C. I. R. down the nerves of the arm (see plate No. 10), then change the N. H. to the other hand of the patient, but leave the P. H. as it was, then rub the arm with both hands, from the B. P. down to the ends of the fingers. If the trouble is in the lower limbs, place P. H. over S. P. and take hold of the foot of the effected limb with the N. H., then S. C. I. R. through the nerves of the limb to the N. H. for some time, then make passes with both hands from the S. P. down the limb to the foot. If there is pain in body or limb, heat your hands hot by rubbing, place P. H. over pain, N. H. on opposite side of body or limb, S. C. I. R., then make the passes with both hands over affected part towards the hands or feet, also M. P. as for bilious

attack; take hot Sitz B. one day, hot V. B. or W. S. P. the next for two weeks, then hot Sitz B. or hot W. S. P. twice a week for two weeks, F. C. hot water every other day, avoid meat, rich foods and stimulants, boil hard water before drinking, light diet, fruits, grains; ventilate thoroughly, M. L. B. twice a day for five minutes, massage whole body half hour each day, or practice gymnastics, rub painful and stiff joints, always rubbing in the direction of the circulation and apply hot wet cloths.

Gonorrhoeal Rheumatism. S.—Generally affects knee, but sometimes other joints. T.—Remove cause by proper T. and treat same as for chronic rheumatism.

Gout. T.—Same as chronic rheumatism; avoid meat, rich food and stimulants.

Muscular Rheumatism. T.—Same as chronic rheumatism; wear flannel and apply hot wet cloths to feet.

Synovitis. S.—Swollen joint. T.—Same as chronic rheumatism, complete rest, apply hot cloths wet in magnetized water, massage joint thoroughly twice a day by rubbing and moving, exercise as soon as possible.

White Swelling. Same as Synovitis.

Cholera. T.—Reduce fever M. P.; give G. T. and otherwise follow instructions under "All Fevers," F. C. hot salt magnetized water three or four times a day and full hot bath to produce sweating.

Hydrophobia. T.—Treat the symptoms M. P. in the order as they appear, give G. T., give thorough V. B., also full hot bath is good, have some one suck the wound, the full hot bath or hot V. B. to open the pores of the skin, F. C. frequently hot magnetized water, wet cloths in hot magnetized water and apply to the w ound water should be magnetized for the purpose of drawing the poison out.

Scrofula. T.—Same as for anaemia and nervous prostration.

Piles. T.—Place P. H. low down on the bottom of the spine, N. H. over lower part of the bowels, see plate No. 5., S. C. I. R. also with strong intention to increase the circulation in the rectum, and assist nature to carry off the congested blood and remove the tumor, also follow treatment for bilious attack and constipation, and take hot Sitz B. every other day, moderate exercise, eat whole meal Graham bread.

Fistula in Ano. T.—Same as for piles.

Prolapsus of the Bowels. T.—Same as for piles.

Chronic Ulcers. T.—Give G. T., F. C. hot water every other day, apply cold cloths wet in magnetized water, repeat the applications, daily Spg. B., ventilate thoroughly, avoid meat, rich foods and stimulants.

Hernia. T.—Give G. T., and apply cloths wet in magnetized ice water, massage affected parts, full hot bath is also good to reduce a hernia, F. C. every other day; truss should be worn between treatments.

PLATE NO. II.

Treating the Ears by Magnetic Process.

Common Colds. T.—Treat M. P. same as for nasal catarrh and headache, give G. T., F. C. thoroughly and frequently, hot foot bath, drink plenty of hot lemonade or hot water just before retiring, eat no breakfast next morning, or take hot Sitz B. just before going to bed, light diet.

Obesity: T.—Give G. T., exercising strong intention to reduce fat, very light diet, avoid meat, grease, eggs, sweets, fruits, sugar, milk and all sweet foods and all stimulants; eat but three square meals a day, green vegetables, sour, acid fruits and grains; plenty of exercise two hours every day, two V. B. every week, F. C. every other night, ventilate thoroughly.

Plethora: T.—Same as for obesity, hot V. B., hot Sitz B. or W. S. P. every other day.

Insanity: T.—Can be cured in early stages; give G. T. and also treat especially all disorders, or remove all causes by proper T. as far as possible, plenty of fresh air, bathing, avoid meat or rich foods and stimulants; hot V. B. is also excellent.

Toothache: T.—Heat hands hot by rubbing, place P. H. over painful part, N. H. on opposite side of face or head, S. C. I. R. for some time, then rub the side of the face that is affected, and place N. H. over painful part and a handkerchief over the ear on that side then blow several long, full breaths into the ear upon the side that is affected, sending a warm current of magnetism down the nerves to the aching tooth. If this does not relieve, place finger of P. H. upon top of tooth and N. H. as nearly opposite as possible, sending the current directly through the tooth. This T. will relieve most cases, if not, then a dentist should be consulted, avoid sweet foods and all stimulants; a few days' fast is also good, when a tooth aches, as a general thing the nerve is exposed, and the quicker you go to a dentist and get it filled the better.

Earache. T.—Relieve pain M. P., give G. T., take a Sitz B. or foot bath in hot water, apply cloth to the ear wet in hot magnetized water or place cold, wet cloth to back of head and the feet in hot water, to fast a day or two is good, put no oils or medicines in ear.

Running Ears. T.—Close the fingers on both hands except the first finger, insert the end of each of these fingers in each ear, see plate No. 11, then make the vibration, sending the current through from right finger to finger on N. H., if both ears are effected change the fingers from one ear to another, send the current for five minutes at a time, then place a thin handkerchief over ear, N. H. over the other ear, place mouth on handkerchief over the ear, and after taking a deep inspiration, blow a strong current through to hand in other ear, exercising strong intention to relieve and cure the trouble. This should be repeated several times; you can impart more magnetism by your breath in this way than you can with your hands. This treatment will also reach and cure any diseased condition of the middle ear where medicine cannot enter and is far better. Syringe the ear with warm magnetized water twice a day,

apply hot, wet cloths for half hour twice a day, hot Spg. B. daily, plenty of exercise, ventilate thoroughly, avoid meat, rich foods and stimulants, F. C. every other day.

Bad Hearing. T.—Same as running ears.

Catarrh of the Middle Ear. T.—M. P. same as running ears, apply cold and hot, cloths wet in cold and hot magnetized water alternately, each for half an hour a day; also pour cold water on the head for five minutes, three times a day, F. C. every day, Spg. B. daily, ventilate thoroughly, avoid meat, rich food and stimulants.

Noises in the Ear. T.—M. P. same as running ears, give G. T., and otherwise treat all symptoms and remove cause by proper treatment, F. C. every other night.

Foreign Bodies in the Ear. T.—Turn head so affected ear will be down, then gently syringe in warm magnetized water.

———o———

Diseases and their Treatment

By Magnetic and Natural Process.

Unclassified Diseases (Continued).

Lecture No. Thirty-Six.

Gonorrhoea. T.—Give G. T., also place P. H. on S. P., and N. H. over affected part, S. C. I. R. for ten minutes, then make the passes from head to foot, both in front and behind, hot V. B. daily, F. C. daily hot water, also give injections of warm magnetized water with small syringe immediately after urinating; breathe 40 or 50 long, full, deep breaths in open air three times a day; drink teacup full of hot water one hour before each meal, and just before retiring at night; light diet, drink water and milk only, avoid acids and sweets, complete rest.

Syphilis. T.—Give G. T., exercising strong intention to purify blood, also hypnotize patient and give appropriate suggestions, place both hands over scrotum and S. C. I. R.; F. C. thoroughly every day, hot V. B. every other day, and treat otherwise as for gonorrhoea.

Masturbation. T.—Give G. T. and F. C. every other night, patient should occupy mind and body so as to be diverted from disease; hypnotize patient and give proper suggestions, otherwise treat as for gonorrhoea.

Impotence. T.—Give G. T. with strong intention to build up and strengthen the whole body, V. B. twice a week, followed

by Spg. B., F. C. every other night, treat otherwise as for gonorrhoea.

Cancer. T.—Place P. H. over cancer, N. H. opposite side of head or body, S. C. I. R., then make the passes from all directions towards center of sore with strong intention to bring more healthy blood into the part to assist nature in throwing off the diseased tissue; give G. T., F. C. hot water every other night, avoid meat, rich foods, pastries, stimulants and condiments, Spg. B. daily, ventilate thoroughly, exercise according to strength, wet a cloth in magnetized water and place over sore, re-wet and apply frequently, water should be magnetized for the purpose, no trouble to cure if the doctor don't get at it first with his knife; if sore is running apply cloth before applying the hand.

Tumors. T.—Place P. H. over tumor, N. H. opposite side of body or limb S. C. I. R., then make the passes in every direction from the tumor with strong intention to remove, wet cloth in magnetized water and apply frequently, light diet, fruits, grains, vegetables, etc., avoid meat, rich food and stimulants, hot V. B. once a week, followed by Spg. B.; daily Spg. B., ventilate thoroughly, F. C. every other night.

Sore Eyes: T.—Heat hands hot by rubbing, place P. H. over diseased eye, N. H. on back of head, see plate No. 12, S. C. I. R.; if both eyes are affected, treat first one and then the other in this manner for five minutes or longer, then stand behind patient and rub the eyes from the nose outward with the tips of your fingers; if any discharge from eyes wash with hot magnetized water; also apply cloth wet in cold magnetized water frequently and on retiring at night and leave all night, shade and complete rest for eyes, sponge with hot magnetized water twice a day, Spg. B. daily, ventilate thoroughly, hot W. S. P. every other day, light diet, F. C. every other night.

Granular Lids: T —Same as sore eyes.

Stye: T.—Same as tumor or so far as is appropriate, apply cloths wet in hot magnetized water.

Twitching Eyelids. T.—Same as nervous prostration.

Inflammation of the Cornea. T.—Apply cloth wet in hot magnetized water, rub the eye round and round, otherwise as for sore eyes.

Cataract. T.—Place P. H. on back of head, N. H. over eye, S. C. I. R. for five to ten minutes, also T., M. P., as for tumors, V. B. twice a week, followed by Spg. B., light diet, F. C. every other night, also apply cloth wet in hot magnetized water frequently, also at night and leave on over night.

Spots Before the Eyes. T.—Same as for bilious attack and for dyspepsia.

Impaired Sight. T.—Same as sore eyes.

Blacked Eye. T.—M. P. same as sore eyes, apply cloth wet in cold magnetized water.

Rickets: S.—Pale face, enlarged head, curvature of spine,

enlarged joints, peculiar to children. T.—Vigorous G. T. once a day, hot salt water bath every other day, F. C. every other night, plenty of out-door exercise, if child is too small to run and play, then wheel it out, plenty of good nourishing food, whole grain Graham bread.

Ulcer of Bone. T.—Vigorous G. T. once a day, F. C. every other night, avoid rich foods, pastries, eggs, milk, vinegar, mustard, pepper, spices, and all drugs, Spg. B. daily, ventilate thoroughly, keep ulcer wrapped in cloths wet in cold magnetized water, S. B. daily, exercise according to strength, light diet, fruits, grains and vegetables, avoid all seasoned foods and stimulants, hot V. B. twice a week.

Necrosis or Death of Bone. T.—Same as ulcer of bone.

Softening of Bone. S.—Aching in bones, first back, ribs, and pelvis, serious deformities, rheumatic like pains, occurs always in pregnant women. T.—Same as rickets.

Inflammation of Bone: T.—Remove cause by proper T., complete rest and apply cloths wet in hot magnetized water, otherwise T. as rickets.

Skin Diseases. T.—Same as for ulcer of bone, will cure all known skin diseases, no matter what the name, including exema, erythema, herpes, rash, psoriasis, blebs, comedo, prurigo, pityriasis, impetigo, dry skin, dandruff, excessive sweat, itching freckles, and others; many skin diseases are helped by keeping the skin soft by bathing in soft magnetized water; leprosy, that terrible disease that in some countries condemns its victims to life-long seclusion and banishment from friends and relatives, has been cured by W. S. P. and hot V. B., in addition to F. C.

Night Sweats. T.—Give G. T., also hot Spg. B., just before retiring at night, eat light supper, F. C. every other night.

Bad Breath. T.—Remove cause by proper T., give G. T. and F. C. hot water every other night.

Cold Feet. T.—Give G. T. and F. C. every other night, plenty of exercise; wear underwear too short to go inside of shoetops, take foot bath in cold magnetized water, then rub dry and hard, otherwise follow T. as for anaemia.

Sweating Feet. T.—Give G. T. and F. C. every other night, Spg. B. daily, wash feet night and morning in cold magnetized water.

Fainting. T.—Lower the head level with feet, sprinkle cold water on face, loosen clothing; to cure, follow treatment for anaemia.

Pimples: T—Give G. T., and T. same as for tumors, avoid meat, grease, butter and rich foods, pastries, sugar and salt, F. C. every other night hot water.

Burns and Scalds: T.—Immerse in cold water or apply cloths wet in cold magnetized water, re-wet and apply frequently; if burn is large, apply cloths covered with fresh, unsalted lard, leave cloths on till matter forms, then remove and wash with warm

PLATE NO. 12.

Treating the Eyes by Magnetic Process.

magnetized water and castile soap, after which change the greased dressings once a day and wash with warm water and castile soap, take full bath daily, keep quiet, ventilate thoroughly, light diet, gruels, toast, avoid meat, rich foods and stimulants.

———o———

Diseases and their Treatment

By Magnetic and Natural Process.

Unclassified Diseases (Continued).

Lecture No. Thirty-Seven.

Boils and Carbuncles: T.—Same as for cancer. Relieve pain M. P. and also apply ice in beginning to make it go way, also wet cloths in hot magnetized water and apply to relieve pain and bring to head, should be applied frequently, the water should be magnetized for the purpose; after core is out apply cloths wet in magnetized water frequently, F. C. every other day.

Itch: T.—Give G. T. and F. C. every other night, hot water; hot V. B., followed by Spg. B. every other day, after which rub magnetized water over the whole body, magnetized for the purpose of killing the little animals on the skin.

Ringworm: T.—Same as for itch, cancer and tumor, so far as applicable, F. C. every other night.

Felon. T.—Relieve pain M. P., also magnetize the finger by throwing the current through it from P. H. to N. H., then make the passes with both hands from above down over the diseased part, finger or toe, as the case may be; if begun in time you can stop it, but if too far gone, poultice with flax seed meal mixed with magnetized water; magnetize cloth for wrapping, never cut; cloths wet in hot magnetized water should be applied frequently, light diet; to hold the hand in magnetized ice water for about ten minutes every hour, will drive them back when they first come.

Red Nose. T.—Same as for dyspepsia.

Chilblains. T.—Bathe feet in cold magnetized water, followed by rapid magnetic frictioning, just before retiring at night; also relieve pain M. P.

Lice. T.—For head and crab lice, take hot V. B., followed by Spg. B., hot magnetized water, magnetize for purpose of killing lice. Some saturate with common coaloil, this is good, but remember we do not prescribe it; also for crab lice, some use red

precipitate mixed with lard, it is sure death to the lice, but remember we do not prescribe it, or anything that might be called medicine; for body lice, hot V. B., followed by Spg. B., in magnetized water; change clothing and scald to kill lice.

Nightmare. T.—Spg. B. daily, ventilate thoroughly and F. C. every other night.

Abcess. T.—Give G. T. and apply cloths wet in hot magnetized water; when fully ripe, must be opened with knife, call a surgeon; after opened wash out daily with hot magnetized water and apply cloth wet in cold magnetized water, apply frequently.

Cuts and Wounds. T.—Bind up with magnetized cloths before they stop bleeding and then leave them alone, or if they cause pain, cloths should be applied wet with cold magnetized water, blood is the best dressing; to stop bleeding wash with magnetized water, bring the edges of the wound together by sticking plaster or stitches before binding, also stop bleeding by pressure or tieing handkerchief tightly between the wound and the heart; if the wound is serious call a surgeon; in sowing up a wound, use white silk thread and clean needle, place thread and needle in boiling water for five minutes before using, put the stitches about one-fourth of an inch apart and remove them after three or four days; cloths wet in cold magnetized water should be kept on the wound; clean cloths every day, Spg. B. daily, and F. C. daily, light diet, G. T. once a day.

Accidental Poisoning. T.—Drink a pint of warm magnetized water, add a tablespoon of mustard, water should be magnetized to cause vomiting, repeat if necessary: 2nd. Give white of egg or cream. 3rd. If from an acid, give a glass of milk, to which add a teaspoon full of common soda. 4th. If from an alkali, potash or lye, give the juice of two or three lemons in magnetized water, then cream. 5th. If patient is inclined to go to sleep walk him about to keep wake and apply hot and cold to spine, drink plenty of hot water; if the heart is inclined to be too slow, apply cloths wet in hot magnetized water; give G. T. and F. C. hot water.

Convulsions. T.—Same as for epilepsy. If a child, place in hot water and pour cold water on head; place feet higher than head, if the hole in head sinks in during convulsions.

Bed Wetting: T.—Remove the cause by proper T., give G. T., and otherwise T. as for inability to hold urine, F. C. every other night.

Falling of the Bowels: T.—When the bowels move the intestines come out a little way; with your fingers carefully put the intestine back, F. C. thoroughly every other night, hot water, and just before retiring, wet a cloth in magnetized water and bind in the rectum, leave all night, water should be magnetized for purpose, Spg. B. daily, ventilate thoroughly, S. B. daily, plenty of exercise, light diet, fruits, grains and vegetables, avoid rich foods and stimulants, give G. T. daily, also place P. H. over S. P., N.

H. over rectum, S. C. I. R. for five minutes, then make the passes both in front and behind.

Exema of the Scalp. T.—Same as for scrofula and skin diseases.

Stammering. T.—Give G. T., hypnotize patient and give proper suggestions, encourage patient to always stop when they begin to stammer and begin at the beginning, encourage patient to be calm.

Curvature of the Spine. T.—Same as for bilious attack, massage muscles of back for half hour twice a day, swing by the hands five or ten minutes two or three times a day; to climb a ladder hand over hand two or three times a day for ten or fifteen minutes is good, but it will require several months to affect a cure.

Hip Joint Disease. S.—Leg drawn up, muscles wasting, pain in knee joint, children cry out in their sleep, this disease prevails in young children and in damp climates, although there are exceptions. T.—Heat hands hot and apply to the joint with strong intention to overcome the condition and to establish normal circulation through the joint, give G. T. and flex the limb in all directions, manipulate the muscles of the hip and thigh, so as to release the circulation, also give T. for rheumatism so far as it is applicable; F. C. every other night, ventilate thoroughly, hot Spg. B. every other day, S. B. every day, light diet, fruits, grains, vegetables, avoid drugs and cutting, walk on crutches until strength returns.

———o———

Diseases and their Treatment

By Magnetic and Natural Process.

Diseases of Women.

Lecture No. Thirty-Eight.

Painful Menstruation. T.—Give G. T., with strong intention to cause normal flow of blood in the pelvis, also place P. H. over S. P. and N. H. over the right and then left ovary, using hot hands and exercising strong intention to produce easy and natural flow; take a hot Sitz B. and drink hot water, complete rest in bed, keeping the feet hot, also apply cloths wet in hot magnetized water, light diet, complete fast for 24 to 48 hours is better, F. C. every other night, avoid meat, rich foods, all stimulants, and otherwise follow T. for anaemia.

Scanty Menstruation. T.—Give G. T., and otherwise

follow the treatment for anaemia and M. P. as for "Painful Menstruation."

Profuse Menstruation. T.—Give G. T. and otherwise T. for suppressed menstruation, with this difference use strong intention to check the excessive flow to a healthy and normal flow; T. should be given between periods, also remove cause by proper T., plenty of exercise, two cold Sitz B. each day between menstruation, apply cloths wet in cold magnetized water to lower abdomen; if menstruation lasts too long it can be stopped by a cold Sitz B.; wear union suit underwear.

Suppressed Menstruation. T.—Give vigorous G. T.; place P. H. over S. C., N. H. over first the right and then the left ovaries, S. C. I. R. and to induce normal and painless flow; at expected time take hot Sitz B. or W. S. P.; drink hot water and apply cloths wet in hot magnetized water; complete rest in bed.

Menstruation too Close Together. T.—Place P. H. over S. P., N. H. over first right and then the left ovary, S. C. I. R. and also to check the flow and reduce to normal condition, if profuse apply cloths wet in cold magnetized water; take two hot Sitz B. a week, light diet, fruits, grains, vegetables, F. C. every other night, hot water, avoid meats, rich foods, stimulants and sexual excesses; ventilate thoroughly, Spg. B. daily, M. L. B. thoroughly for five minutes, twice a day, wear union underwear.

Ovarion Troubles. T.—Place P. H. over S. P., N. H. over first right and then left ovary, S. C. I. R., complete rest in bed, apply cloths wet in hot magnetized water, hot Sitz B. and S. B. daily, F. C. hot water daily, light diet, fruits, grains, etc., ventilate thoroughly, give G. T. daily, avoid drugs and surgical operations.

Inflammation of the Womb. T.—Same as ovarion trouble.

Whites. T.—Same as ovarion troubles.

Inflammation of the Vagina. T.—Same as for ovarion troubles.

Itching of the Genitals. T.—Remove cause by proper T., give G. T., cold Sitz B., magnetized water for five minutes twice a day.

Inflammation of the Breast. T.—Place P. H. over C. P., N. H. over affected part, S. C. I. R. for five minutes, then make passes both in front and behind; apply cloths wet in hot magnetized water for half hour, then cloths wet in ice cold magnetized water for half hour alternately, for several hours; if abcess forms let it ripen and give T. as for common abcess.

Displacement of Womb. T.—Give G. T. daily, remove cause by proper T., F. C. hot water every day and also wash vagina with syringe, after which insert the index finger and replace uterus to its normal position, after which have patient contract sphincter muscle of the vagina which supports the uterus several times, and direct patient to repeat this twice a day while in a recumbent posi-

tion before arising and after retiring at night is best time and should be practiced till completely cured; also place P. H. over S. P., N. H. over mouth of womb, S. C. I. R. for five minutes, then make the passes both in front and behind, avoid corsets, drugs, and otherwise follow treatment for ovarion troubles.

Ulceration of Neck of Womb. T.—Same as ovarion troubles.

Miscarriage. T.—To prevent if threatened, patient should rest in bed, light diet, cold drinks, apply cloths wet in cold magnetized water to lower abdomen; take no exercise or very little for two weeks; if miscarriage occurs, follow with T. as above, except if hemorrhage is not readily stopped by application of cold wet cloths, then sit in tub half full of cold water for two or three minutes, avoid all causes, drugs, sexual excesses and keep quiet about the usual time of menstruation; if women who have been in the habit of miscarrying would follow the above rules they would have so many children they would be going to some doctor to learn how to prevent conception.

Nymohomania. S.—Caused by high degree of sexual excitement, passions uncontrolable. T.—Take cold Sitz B., magnetized water for two or three minutes twice a day; also F. C. cold magnetized water; avoid meat, rich foods, pastries, pepper, mustard, vinegar, catsup, spices, and all drugs.

Change of Life. T.—Keep hands and feet warm, drink hot water, take hot Sitz B. daily or H. P. magnetized water, and T. otherwise as for "Menstruation too close together."

Childbirth Without Pain. T.—The savages and heathen bear children with little or no pain because they take plenty of exercise. Usually they work clear up to the hour of confinement, and after it is over, they are up and out at work again in a few hours. It has been stated on good authority, that the Indians of North America when marching from one place to another, the women will go aside to some stream, give birth to a child, wash it herself in the cold water and go right on as though nothing unusual had happened. They are able to do this because of the healthy lives they lead, and their healthy, robust constitutions. The way to give birth without pain or danger is very simple and the rules are easy to follow. They are as follows: Eat very little meat, let the diet be of fruit, grains and vegetables; eat only whole meal bread or corn bread, avoid rich and highly seasoned foods, fats, sugar and all stimulants, drink hot water instead of tea or coffee, drink cup hot water half hour before each meal. 2nd. Spg. B. daily, full hot bath with soap once a week, followed by cold Spg. B., cool Sitz B. tepid water for five minutes at a time daily for two months before delivery, should not be hot or cold, but just between the two, extreme hot or cold water may cause miscarriage; the vagina should be washed out with a syringe each time a Sitz B. is taken, during first month of pregnancy; the cool Sitz B. should be taken once a week. 3rd. Ventilate thoroughly, breathe only pure air

night and day. 4th. Plenty of exercise daily, such as will strengthen the muscles, do all the house-work and take a long walk in open air daily; should be on feet all the time possible, sit down very little; if not able to take exercise, should have light massage daily, should exercise up to day of confinement. 5th. Take no drugs of any nature. 6th. Wear clothing loose, never wear corsets, wear flannel underwear. 7th. Avoid worry and never over-exercise. 8th. Sexual intercourse should be avoided, especially last three or four months of pregnancy; this is better for both mother and child; during last three months of pregnancy, a G. T. daily with strong intention to strengthen the nerves is excellent; keep the bowels and liver in healthy condition by F. C. hot water every other day.

———o———

Diseases and their Treatment

By Magnetic and Natural Process.

Unclassified Diseases (Concluded).

Lecture No. Thirty-Nine.

Cancer of Womb. T.—Place P. H. over S. P., N. H. over affected part, S. C. I. R., also give G. T. and F. C. daily, hot water and wash out the vagina with syringe, warm magnetized water, otherwise T. as for ulcer of stomach and cancer.

Lost Manhood. T.—Same as for gonorrhoea.

Nightly Emissions. T.—Give G. T. and also T. for dyspepsia. Place P. H. over S. P., N. H. over the pubes, S. C. I. R., and to stimulate the nerve centers and establish normal circulation. Encourage patient to be determined to overcome his weakness. Instruct him to use strong auto-suggestion against further loss.

Lost Vitality. T.—Same as for nightly emissions and gonorrhoea.

Varicocele. T.—Give G. T. and T. otherwise for piles and varicose veins.

Enlargement of the Bust. T.—Once a day go to some quiet place alone, lie down, comfortable position, and first, try not to think of anything in particular, then concentrate your whole mind on the left breast, also endeavor to keep the eyes fixed on it, exclude from the mind every other thought. Now try to think it is growing larger, "it is growing." You should repeat this over to yourself, also thoroughly manipulate that breast with both hands,

pinching it and rubbing and rolling it about. If you will go through with this exercise carefully, you will soon begin to notice the growth, also think of the breast as much as you can at other times. Now if the patient will go through with this at a regular time every day and for a half an hour at a time, looking forward to the accomplishment of the object desired with an honest, faithful expectation, she will succeed every time. After the left breast has been enlarged to the desired size, then go through with the same T. for the right breast. The right breast will enlarge much faster than the left because of the confidence established by the success with the left one. By continually thinking of any part of the body and looking forward to some condition that is expected to take place, it will do so; this is the most rational way and most practical way of enlarging the bust. The mind is the most powerful thing in the universe and all power to create or destroy, to build up, to regenerate, in fact to do anything that can be done is in the mind, and if this power is properly exercised it will bring to us all things that we desire. Here is a rule from which this T. is derived; it is stated as a fact beyond successful contradiction "That any state of the body, which is conceived to be approaching and which is expected with certain confidence and certainty of its taking place, this condition will be very apt to ensue, provided it is within the bounds of possibility as the result of those thoughts.

Water for Children. If children would drink a cup of hot water a half hour before each meal, it would lay the foundation for a sound, healthy digestion for the whole of after life, and those who have control of children should consider it a binding obligation on their part to see that they do it. Sometimes the drinking of hot water will cause children to be sick at the stomach, but this is only a sign of a sour stomach and that the digestive organs are in a deranged condition. Where hot water has a tendency to create nausea, lemon juice should be added to it; this is very good anyway. Whatever you do, young or old, persevere in the drinking of hot water before meals. Many very young children suffer with thirst. I have known them to cry for days when the mother would think they were sick and in many cases would give them medicine, when I would recommend a drink of water, which on being given them a teaspoonful of water, they would go to sleep and sleep for hours. God pity the ignorance of many parents in this respect. Oh, the suffering that little helpless innocents have gone through with for the lack of a drop of cold water to cool their parched tongues. If the people only knew the benefit and would drink a cup of hot water a half hour before meals and would F. C. with hot water at least every other night, the doctors and drug store people would soon be remembered only as the ignorant humbugs of a past age, and as useless relics of a past ignorant age. If people would only follow out the few simple rules laid down in this book for health, the drug stores and doctors would have to go out of business, because there would be no demand for their goods.

Final Instructions.

Lecture No. Forty.

In this lecture we come to the parting of the ways, and before closing we want to reiterate some things that we have told you before, and add some that we have not told you. And let me exhort you to study well the previous lectures of this book. In its publishing, we have abbreviated a great many terms, and had we not done this, this book would be at least twice as large as it is. You can become familiar with these abbreviations in a few minutes study and then you will know them wherever you see them. We have tried to make everything plain and simple, so plain that a ten year old boy could read and then practice. We have given you a great many diseases and their treatment, and we have given you a number of treatments and remedies in many cases for the same disease, and you must exercise your judgment as to which is best to use first; sometimes it will be necessary to use all, then again one application or treatment may suffice. In this work we wanted to give everything that was good in magnetic, and all methods of nature or natural remedies that could be applied to achieve the end. The practitioner must use his judgment in all cases as to what is best to apply first, remembering that all patients are not alike, even with the same disease all are not affected alike. Now where general treatment is recommended in many places, we do not say how often it should be given, so the practitioner must exercise judgment as to the frequency of giving it, and regulate this according to the severity and the nature of the disease; sometimes two general treatments are necessary in a day, hardly ever more than that, as a general thing one general treatment a day is sufficient. As to using water it is a good thing wherever you can do so conveniently to magnetize all water used for cloths for wrapping. Wherever the quantity of water used is not too great, I would recommend that it be magnetized. Never take drugs or give drugs of any kind, they have killed more people and caused the death of more people than all the deaths that have ever been caused by disease, famines, pestilence and the sword. Now in regard to flushing the colon, you must use your judgment as to how often to do this; as a general thing in the beginning of treatment it is best to flush the colon or thoroughly cleanse it, first if you have to flush the colon several times to do so, then in many cases once a day will be necessary, while in others, every other night will be sufficient; while in some cases, such as fevers, may require flushing several times a day while the fever is being broken, and the water should be hot in every case unless otherwise stated. A good way to regulate the temperature is to

have it just as hot as you can hold your hand in without pain; this is a correct test for the temperature. Remember, in giving treatments by magnetic process, that the hands should come in contact with the flesh, except in making the passes, which may be made over light clothing. Man or woman when in health is a perfect piece of machinery, but when this machine gets out of order, then pain and disease is the result. It is the desire of the author in this work, to not only teach you how to locate and remove disease from the bodies of other people, but also to teach you how to keep your own body in perfect health; this is in itself a feature of priceless value. To the hundreds of healers already in practice I feel assured that this book will become a daily companion. My prayer to God is that it may bring peace, hope and comfort to many sick, discouraged and suffering fellow-beings. The object of the author, in writing this work, is to convey the knowledge and in such a simple form that when put into practice will bring health and happiness to countless thousands of the human race. If it fills its mission the object of the author in life will have been accomplished. Now we have endeavored in the writing of this book to use very plain language, so simple that anyone can understand, but if you should at any time meet with anything you do not fully understand, I want you to write me without hesitation, as I shall be only too glad to assist you in any way in my power; but permit me in all such cases to ask you to enclose stamp for reply, this is a small matter with you with one letter, but with me in thousands of letters it is a big thing; don't fail to write us frequently and tell us how you are getting along, as we will always be glad to hear from you and will rejoice in your success and will always be ready to assist you in any way we can. Now may God's blessing rest upon you in the study and practice of this great and grand science and trusting and believing you will do much good thereby and the world be made better and mankind relieved of much sickness, pain and disease, because of your efforts, I am

Yours sincerely and fraternally,

Prof.

INDEX.

	PAGE
Plate No. 1. The Nervous System, Explanation.	12
Plate No. 2. Bringing patient into communication.	14
Plate No. 3. Alimentary and Intestinal Canal	46
Plate No. 4. Magnetizing Water	68
Plate No. 5. Showing positive hand over Sacral Plexus.	94
Plate No. 6. Showing positive hand over Lumbar Plexus.	98
Plate No. 7. Showing positive hand over Cervical Plexus.	100
Plate No. 8. Treating Nasal Catarrh by Magnetic Process.	102
Plate No. 9. Treating for headache by Magnetic Process.	106
Plate No. 10. Showing positive hand over Brachial Plexus.	110
Plate No. 11. Treating the ears by Magnetic Process	124
Plate No. 12. Treating the eyes by Magnetic Process	126
Appendicitis	98
Abdomen, Dropsy of the	99
Asthma	103
Alatic Paraplegia	109
Apoplexy	106
Apoplexy, Cerebral or Spinal	106
Acute Pericarditis or Inflammation of the Heart case	113
Aneurism	114
Anaemia	115
Anaemia, Pernicious	115
Ague or Chills	119
Abcess	128
Accidental Poisoning	128
Advice to beginners	74
Abdominal wrapper	71
Abbreviations	81
Arm, Sciatica of the	110
Absent Treatment	84
Absent Treatment—Blank No. 1.	87
Absent Treatment, General and Special Instructions--Blank No. 2.	88
Absent Treatment, General Instructions—Blank No. 3.	89
Appetite, Loss of	100
Appetite, Voracious	100
Bath, Common air	70
Bath, Sun	82
Bath, Arm and leg	71
Bath, Salt	69
Bath, Wet Sheet Pack	70
Bath, Sponge	70
Bath, Half Pack	71
Bath, Sitz	71
Bath, Steam	71
Bathing and diet	68
Bathing	68
Bathing, Rules for	82
Bilious Attack	95
Bloody Flux	98
Blood Spitting	103
Bronchitis, Acute or Chronic	103
Brain, Inflammation of	105
Brain, Chronic Hydrocepalus or water on the	108
Brain, Congestion of	106
Brain, Anaemia of	106
Brain, Compression of the	106
Brain, Tumors of the	106
Breathing, Difficult	103
Blood, Impure	115
Bright's Disease, Acute	116
Bright's Disease, Chronic	116
Breast, Inflammation of the	130
Bladder, Catarrh of	117
Bladder, Irritability of	117
Bladder, Paralysis of	117
Bladder, Gravel or Stone in	117
Bladder, Hemorrhage of	117
Bowels, Prolapsus of the	122
Bowels, Constant desire to move	100
Bone, Ulcer of	126
Bowels, Pain on moving	100
Bone Necrosis, or death of	126
Bowels, Inflammation of	98
Bone, Softening of	126
Bowels, Hemorrhage of	99
Bone, Inflammation of	126
Burns and Scalds	126
Boils and Carbuncles	127
Bed Wetting	128
Bowels, Falling of the	128
Bust, Enlargement of the	132
Colon, Flushing of the and its benefits	48
Colon, Flushing of the, and its benefits, continued	50

	PAGE
Colon, Flushing of, Suggestions of great importance	53
Colon, Flushing the	58
Colon, Flushing the, Important Instructions and Suggestion, continued	60
Colic	97
Constipation	97
Cholera Morbus	98
Cholera Infantum	98
Catarrh, Nasal	102
Catarrh, Nasal Chronic	102
Catarrhal Laryngitis	103
Croup, False	103
Croup	103
Cough, Whooping	103
Cough	104
Consumption	104
Chest, Dropsy of the	105
Cramp	112
Cramp, Writer's	111
Convulsions, Uraemic	112
Chills or ague	119
Chills, Congestive	120
Chicken Pox	120
Cholera	122
Colds	123
Cancer	125
Chilblains	127
Cataract	125
Cuts and wounds	128
Convulsions	128
Childbirth without pain	131
Disease, How to Diagnose	64
Diseases and their Treatment by Magnetic and Natural Process	79
Diseases and their Treatment by Magnetic and Natural Process, continued	81
Diseases, the Digestive organs	94
Dyspepsia	97
Dyspepsia, Chronic	96
Diarrhoea	97
Dysentery, Chronic	98
Delirium Tremens	107
Drunkenness	107
Diabetes	117
Diabetes, Insipidus	118
Diphtheria	121
Exercise	73
Esophagus, Inflammation of	95
Epilepsy	111
Earache	123
Erysipelas	120
Ears, Running	123
Ear, the Middle, Catarrh of	124
Ear, Noises in the	124
Ear, Foreign Bodies in the	124
Eyes, Sore	125
Eyelids, Granulated	125
Exema of the Scalp	129
Eyelids, Twitching	125
Eyes, Inflammation of the cornea	125
Eyes, Spots before	125
Eyes, Impaired sight	125
Eye, Blacked	125
Emissions, Nightly	132
Fountain of youth or how to live 100 years	77
Face, Wasting of one side of the	111
Fever, How to reduce by Magnetic or Natural Process	94
Feet, Sweating	126
Flatulence, or wind on stomach and bowels	100
Fever, Hay	103
Fever, Lung	104
Face, Paralysis of the	110
Fevers, All	118
Feet, Cold	126
Fever, Simple	119
Fever, Typhoid	119
Fever, Typhus	119
Fever, Cerebro Spinal	119
Fever, Bilious Typhoid	119
Fever, Bilious	119
Fever, Typho Malarial	120
Fever, Yellow	120
Fever, Break Bone	120
Fever, Scarlet	120
Fistula in Ano	122
Fainting	126
Felon	127
Glossitis, or Inflammation of the Tongue	94
Gastritus	95
Gastralgia	97
Gall Stones	101
Goitre	111
Green Sickness	115
Grip	119
Gout	122
Gonorrhoea	124
Genitals, Itching of the	130
Healing, Vital, Lecture No. 1	3
Healing, Vital, Lecture No. 2	6
Healing, Vital, Lecture No. 3	11
Healing, Mental, Lecture No. 1	15
Healing, Mental, Lecture No. 2	20
Healing, Mental, Lecture No. 3	24
Healing, Hypnotic, Lecture No. 1	29
Healing, Hypnotic, Lecture No. 2	33
Healing, Hypnotic, Lecture No. 3	35
How to Hypnotize	37
Healing, Vital	43

	PAGE
Healing, Mental	44
Healing, Hypnotic	45
How to control persons at a distance	66
How to protect yourself against the influence of others	76
How to attract the attention of a person in a large audience.	65
Healing, Vital	79
Heartburn	100
Hydrocephalus, Acute	108
Hysteria	111
Headache, Sick	106
Headache	112
Head, Swimming of the	106
Hypochondria	112
Heart-Case, Acute pericarditis or inflammation of the	113
Heart, Dropsy of the	113
Heart, Inflammation of the lining membrane of the	113
Heart, Valvular disease of the	113
Heart, Dilatation of the	114
Heart, Fatty Degeneration of the	114
Heart, Palpitation of the	114
Heart, Rapid	114
Heart, Rupture of the	114
Hearing, Bad	124
Heart, Slow	114
Heart, Neuralgia of the	114
Hydrophobia	122
Hernia	122
Hip Joint Disease	129
Instructions, General and important points to be remembered	63
Instructions, Preliminary	79
Intestinal Obstructions	99
Insomnia, or Sleeplessness	112
Insanity	123
Impotence	124
Impaired Sight	125
Itch	127
Instructions, Final	134
Jaundice	100
Kidneys, Congestion of the	116
Kidneys, Gravel of the	116
Kidneys, Hemorrhage of the	117
Liver, Torpid	101
Liver, Inflammation of the	101
Lungs, Congestion of the	104
Lock-jaw	111
Locomotor Ataxia	109
Lumbago	112
Lice	127
Life, Change of	131
Manipulation of the lower bowels	81
Massage	80
Mouth, Catarrh of the	94
Mouth, Ulcers of	94
Mouth, Canker of	95
Mouth, Gangrenous sore	95
Meningitis	106
Morphine or Opium Habit	107
Meningitis, Spinal	108
Measles	120
Measles, German	120
Mumps	121
Masturbation	124
Menstruation, Painful	129
Menstruation, Scanty	129
Menstruation, Profuse	130
Menstruation, Suppressed	130
Menstruation too close together.	130
Miscarriage	131
Manhood lost	132
Nose bleed	102
Neuritis Multiple	109
Neuralgia	110
Neuralgia, Intercostal	112
Neck, Wry	112
Necrosis, or death of bone	126
Night sweats	126
Nose, Red	127
Night-mare	128
Nymohomania	131
Ozaena	102
Opium habit	107
Obesity	123
Ovarion Troubles	130
Proctitis	98
Peritonitis	99
Pneumonia, Catarrhal	104
Pneumonia, Chronic	104
Pleurisy	105
Poisoning, Chronic, from Mercury	108
Paralysis, Infantile	109
Poisoning, Chronic, from Lead	108
Palsy, Muscular atrophy or wasting	109
Palsy, Shaking	111
Paralysis of the lower limbs	111
Prostration, Nervous	111
Pericarditis, Chronic	113
Pain, to relieve by Magnetic Process	114
Pulse, Irregular	114
Poisoning, Uraemic	116
Piles	122
Pimples	126
Poisoning, Accidental	128
Questions, Important and answers	43
Review, General	39
Read and Ponder	55
Rose Rash	121
Rheumatism, Acute	121

No 52 MAR 11 1901

	PAGE
Rheumatism, Chronic	121
Rheumatism, Gonorrhoeal	122
Rheumatism, Muscular	122
Rickets	125
Success in Life	75
Sallivation	95
Stomach, Ulcer of	96
Stomach, Cancer of the	96
Stomach, Dilation of the	96
Stomach, Hemorrhage of the	96
Stomach, Weak	100
Stomach and Bowels, Pain in	100
Spleen, Enlargement of the	101
Sunstroke	108
Spinal Cord, Inflammation of the	108
Sclerosis Lateral	109
Sciatica	110
Sleep Walking	112
Scurvy	115
Small-pox	120
Swelling, White	122
Scrofula	122
Synovitis	122
Syphilis	124
Speech, Loss of	106
Skin Diseases	126
Sweats, Night	126
Scalds	126
Stammering	129
Spine, Curvature of the	129
Treatment, General	82
Treatment, Self	82
Treatment, Absent	84
Treatment, Absent—Blank No. 1.	87
Treatmant, Absent, General and Special Instructions—Blank No. 2	88
Treatment, Absent, General Instructions—Blank No. 3	89
Treatment, Success	91
Treatment, Success—Blank No. 4	93
Thrush	94
Tongue, Inflammation of	94
Throat, Sore	95
Tonsilitis	95
Tonsils, Enlarged	95
Throat, Consumption of the	103
Tobacco Habit	107
Toothache	123
Tumors	125
Urine, Inability to hold	117
Urine, Retention	117
Urine, Suppression	117
Urination, Painful	117
Vapor Bath, How to make	69
Ventilation	72
Vomiting	100
Voice, Loss of	103
Veins, Varicrose	115
Veins, Inflammation of the	114
Vagina, Inflammation of the	130
Vitality, Lost	132
Varicocele	132
Water cure, The	46
Water as a remedy for disease	47
What to do when you don't know what to do	65
Worms, Tape	99
Worms, Pin	100
Worms, Round	100
Womb, Inflammation of the	130
Whites	130
Womb, Displacement of the	130
Womb, Ulceration of neck of the	131
Womb, Cancer of the	132
Water for children	133

ERATA.

The following is the contract referred to on page 86, "That should be retained in all cases" and should be inserted just before the signature on page 87. This was omitted by mistake in the printing of blank No. 1, viz:

It is distinctly understood that the remittance made herewith is to compensate you for your time, postage, stationery, etc., in giving me such directions in regard to my habits of life as you may deem necessary to restore me to health without the use of medicine. And such directions and rules I agree to follow to the best of my ability during this month of treatment.

On page 81 the abbreviation V. P. should be V. B. and under "Diseases and their Treatment," wherever the abbreviation V. P. occurs, it should be V. B.

22.R.134.
The home teacher and complete g1901
Countway Library BEX2342
3 2044 046 107 116

22.R.134.
The home teacher and complete g1901
Countway Library BEX2342
3 2044 046 107 116